SAVING OUR FAMILIES



Ta'lim & Tarbiyat HANDBOOK

2016-17

A Guide for Ansar Monthly Meetings

2016-2017
Ta‘lim and Tarbiyat Handbook

(A Guide for Monthly Meetings)

يَآاَيُّهَا الَّذِيْنَ اٰمَنُوْا قُوْٓا اَنْفُسَكُمْ
وَاَهْلِيْكُمْ نَارًا وَّقُوْدُهَا النَّاسُ
وَالْحِجَارَةُ عَلَيْهَا مَلٰٓئِكَةٌ غِلَاظٌ شِدَادٌ
لَّا يَعْصُوْنَ اللّٰهَ مَآ اَمَرَهُمْ وَيَفْعَلُوْنَ
مَا يُؤْمَرُوْنَ ۝٧

[66:7] O ye who believe! **Save yourselves and your families from a Fire** whose fuel is men and stones, over which are appointed angels, stern *and* severe, who disobey not Allah in what He commands them and do as they are commanded.

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

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Ansar Pledge

Say this part three times:

أَشْهَدُ أَنْ لَّا إِلٰهَ إِلَّا اللّٰهُ وَحْدَهٗ
لَا شَرِيْكَ لَهٗ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهٗ وَرَسُوْلُهٗ

Ash-hadu • alla ilaha • illallahu • waḥdahu •
la sharika lahu • wa ash-hadu • anna
Muhammadan • ‘abduhu • wa rasuluh

Say this part once:

I bear witness • that there is none worthy of worship • except Allah. • He is One • (and) has no partner, • and I bear witness • that Muhammad (peace be upon him) • is His servant • and messenger.

Say this part once:

I solemnly pledge • that I shall endeavor • throughout my life • for the propagation • and consolidation • of Ahmadiyyat in Islam, • and shall stand guard • in defense of • the institution of Khilafat. • I shall not hesitate • to offer any sacrifice • in this regard. • Moreover, • I shall exhort my children • to always remain dedicated • and devoted • to Khilafat. • *Insha’allah*.

Notes:

- *Text in parenthesis is not in the original Arabic text and has been added to the translation.*
- *“•” in the text indicates where person leading the pledge should pause to allow members to repeat the same portion.*

Dear Brothers,
As-Salamu 'Alaikum Wa Rahmatullah

Any parent who has raised righteous children will tell you that despite all his efforts, there were times when he felt helpless. They would confess that in the end it was prayers and Allah's grace which carried them through. But people do not open up to such depth if they do not feel mutual brotherhood.
Perhaps that is why in our nationwide planning survey, over 40% of the responders indicated that "enjoying a culture of brotherhood" was their favorite part of attending a monthly Ansar meeting.
Our frank conversations around the complex—yet common—parenting scenarios presented in the Ta'lim & Tarbiyat Handbook are strengthening our brotherhood in various ways. The attendance in our monthly meetings has increased by over 30% while the National Ijtima attendance has gone up by over 60%.

So this year, our team has added many new features to enhance your experience. The Holy Qur'an audio files are embedded. Listen and improve your own recitation during the meeting. Topic specific video clips from Huzoor's (may Allah be his helper) Friday sermons (with English subtitles) are included. Health infographics—with a focus on preventive medicine—are more succinct.

You might ask, "How did we select the topics for our monthly meetings?" That is a fair question. More than half of the topics came directly from Hazrat Khalifatul Masih V's address to Majlis Ansarullah UK/USA during the concluding session of our 2015 National Ijtima. The remaining were derived from those Ansarullah Shura recommendations which were approved by Huzoor.

I request your prayers for brothers Rizwan Alladin, Munir Malik, Monas Chaudry, Tahir Ahmad Soofi, Tanvir Ahmad, Mobarak Badoella, Shehzad Amjad, Naeem Ahmad, Maqbool Ahmad, Ismail Anani, Yasin Sharif, and Mubashar Ahmad who spent months to develop content for this workbook. Brothers Naveed Malik and Rafi Malik provided graphic designing and editorial review, respectively. This able team worked under the selfless leadership of Na'ib Sadr Saff Dom, Imran Hayee. May Allah reward them and their families with physical and spiritual abundance. Ameen.

This tedious work reminds us of the prayer: "Our Lord, do not punish us, if we forget or fall into error." (2:287) If, at places, we forgot to use a better expression or erred on a factoid, we seek forgiveness. You are encouraged to send me your feedback at Sadr@Ansarusa.org but do not allow Satan to divide us by arguing during the meeting.

These handbooks, these meager efforts are submitted only to fulfill our duty of "…man will have nothing but what he strives for." (53:40) Otherwise, we know that its only Allah who can put that brotherly love in our hearts. It is only Allah who can help us save ourselves and our families from the fire. Therefore, let us pray that may Allah make our families a model for the righteous. May He respond to our calls for help by saying: "Fear not; for I am with you..." (20:47). Ameen.

Wassalam,

Faheem Younus Qureshi
Serving Majlis Ansarullah, USA
March 20, 2016

Proposed *Topics for the Monthly Meetings 2016*

(At a Glance)

Month	Ta'lim & Tarbiyat Topic	Health Topic	Suggested Monthly Book Reading[1]
Jan	How to establish the habit of congregational Salat in our families?	Exercise	Book: Philosophy of the Teachings of Islam
Feb	Is the Holy Quran part of our lives?	Nutrition	Book: Blessings of Prayer
Mar	Are we showing our children what a truly successful marriage life means?	Vitamins	Book: How to be free from Sin
Apr	Are we cleaning our inner self?	Obesity	Book: The Will
May	Are we increasing in our loyalty to khilafat?	Hearth Health	Book: Lecture Ludhiana
Jun	Ramadhan Break		
July	How not to let our ego or anger hurt our marriages?	Smoking	Book: Three Questions by a Christian and their Answers
Aug	How to exercise Qaule Sadeed when marrying our children?	Vision	Book: Four Questions by Mr. Sirajuddin, a Christian, and their Answers
Sep	National Ijtema Break		
Oct	Are we attentive towards the moral training of our children?	Hearing	Book: A Misconception Removed
Nov	Encouraging our children to marry early and helping them to choose the right partners?	Oral and Dental Health	Book: The Heavenly Sign
Dec	Are we, according to our bait, giving precedence to our relationship with Masih-e-Maud (as) over other worldly relationships?	Men's Health	Book: A Gift for the Queen

Notes:

1. The suggested book reading is not meant to be read during the monthly meetings. Ansar are encouraged to read those books on their own during their regular reading time.
2. The English and Urdu versions of the books or their links are available on Ansar website under Ta'lim department.

Proposed *Topics for the Monthly Meetings 2017*

(At a Glance)

Month	Ta'lim & Tarbiyat Topic	Health Topic	Suggested Monthly Book Reading[1]
Jan	How not to interfere negatively in our children's marital life?	Adult Vaccination	Elucidation of Objectives
Feb	Are we giving our advices with absolute honesty and sincerity?	Regular Health Exam	The Green Announcment
Mar	How to prepare ourselves and our families to differentiate between cultural and Islamic values to ward off peer pressure?	Livingh With Diabetes	The Criterion for Religion
Apr	Have we fulfilled our responsibility to spread true Islam's message to the world?	High Cholestrol	The Heavenly Decree
May	How to teach ourselves and our family members to enslave technology?	Blood Pressure	Lecture Lahore
Jun	Ramadhan Break		
July	Have we instilled the true teachings of Islam in our children?	Influenza	Fountain of Christianity
Aug	What is our full responsibility towards our family?	Pneumonia	Defense against the plague and a Criterion for the Elect of God
Sep	National Ijtema Break		
Oct	Do we understand wisdom behing worship and prayers?	Stroke	Star of the Empress
Nov	Have we played our role in strengthening the economic condition of our Jamaat?	Back Pain	A Gift for An-Nadwah
Dec	How to uphold the objectives of Majlis Ansarullah alive in our hearts and minds?	Falls and Fractures	Lecture Sialkot

Notes:

1. The suggested book reading is not meant to be read during the monthly meetings. Ansar are encouraged to read those books on their own during their regular reading time.
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Majlis Ansarullah Monthly Meeting

Jan 2016

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AGENDA

- Recitation of the Holy Qur'an (23:1-10)
- Pledge
- Reminder: Why Recite the Holy Qur'an Everyday
- Monthly topic: Getting Serious about Salat
- Health topic: Walking and Exercise
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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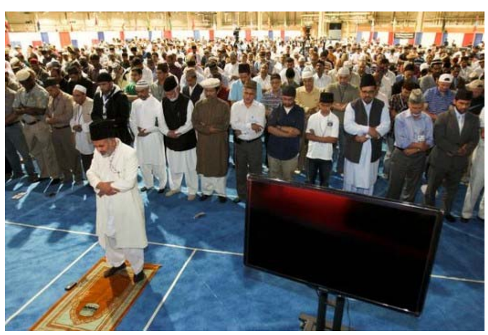
Why read the Holy Qur'an regularly?

The Promised Messiah (alaihissalam) says,

"… you do not leave the Holy Qur'an like a book that has been forsaken, since it is therein, and nowhere else, that life lies. Those who give honor to this Holy Book shall be honored in heaven. Those who will hold the Holy Qur'an superior to every tradition and every other sayings shall be given preference in heaven."

Our Teachings, page 12

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Getting Serious About Congregational Salat

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Click listen the recitation

[23:2] Surely, success does come to the believers,

قَدۡ اَفۡلَحَ الۡمُؤۡمِنُوۡنَ ۙ

[23:3] Who are humble in their Prayers,

الَّذِيۡنَ هُمۡ فِىۡ صَلَاتِهِمۡ خٰشِعُوۡنَ ۙ

[23:10] And who are strict in the observance of their Prayers.

وَالَّذِيۡنَ هُمۡ عَلٰى صَلَوٰتِهِمۡ يُحَافِظُوۡنَ ۘ

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Success in Salat!

What does it mean to be <u>strict</u> in the *observance* of our Prayers?



Share your thoughts

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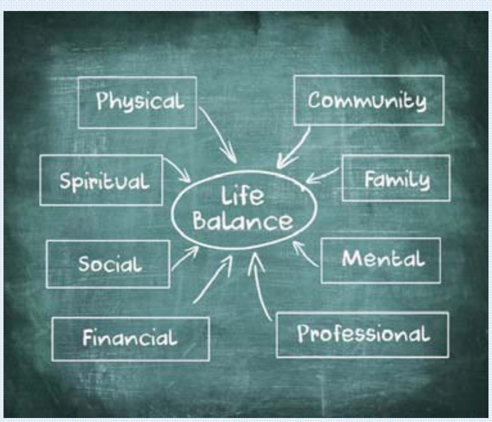
Hazrat Musleh Mau'ud (ra) explained that AQAMUS SALAT means

1. **he performs his Prayers regularly, that is, on the prescribed time without any omission;**
2. **he performs his Prayers in accordance with all the prescribed conditions (*Mufradat*), that is, after ablution, making correct postures–standing, bowing, prostrating and sitting, etc.;**
3. **he does not allow his Prayer to fall down;**
4. **he motivates others to offer Prayers, and**
5. **he offers the Prayers in congregation and asks others to do the same.**

Five Volume Commentary, page 32 and 2043

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Discussion I



The routine work-week has changed in recent years. No more 9-to-5 jobs. I am out of the house between 7 am to 7 pm on most days. Our children have busy lives with school, sports, homework, and religious studies. When I come home, I still have household chores, Jama'at work, and work-related emails to attend to. As a family, we have difficulty even sharing a meal together more than two times a week. How should I make sure my family is observing Salat?

Option 1: Ask each family member daily if they offered all their Prayers.

Option 2: Get an agreement with your family to offer Fajr Prayer in congregation.

Option 3: Stick to a Salat time schedule, even if it means delaying or missing the completion of household chores, homework, office work, and Jama'at work.

Is blindness a valid excuse to give up Congregational Salat?

The practice of the Holy Prophet (saw), and his advice to his Companions was to offer the obligatory Prayers five times daily in congregation. He was so much emphatic on this point that he did not allow even a blind man to offer the Prayer at home, though he had to come to the mosque stumbling on his way.

Jalsa Salana Speeches before Khilafat by Hazrat Khalifatul Masih IV (ra), page 201, Jalsa Salana 1972

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Discussion II

Fajr time begins at 6am and the sunrise time is 7:20 am. Father needs to leave by 6:45 am to get to work. His high-school aged son's school bus picks him up at the bus stop at 7:45 am. The father and son normally require no more than a half-hour to get ready in the morning (including reading verses of the Holy Qur'an). The son is your typical teenager and prefers to sleep as late as possible. How would you suggest the pair offer their Fajr Prayer?



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Option 1: The father and son should offer their Fajr Prayer together at 6:00 am.

Option 2: The father and son should offer their Fajr Prayer together at 6:30 am.

Option 3: The father and son should offer their Fajr Prayer separately just before they need to get ready.

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A Short Video from Friday Sermon, Feb. 6, 2015

Hazrat Musleh Mau'ud (ra) says concerning the importance of offering Salat in congregation, that one should gather the whole family and offer Salat in congregation. And due to this not being the habit of people, the value of Salat in congregation has fallen badly in people's hearts. People should give up the habit of offering Salat individually. Instead they should offer Salat in congregation. When the Promised Messiah (alaihissalam) could not go to offer Salat in the mosque, he would offer Salat in congregation at home, and it was very rare indeed that he would offer any Salat on his own. Mostly on such occasions he would include our mother and offer the Salat in congregation, and some other women would also join our mother. So, first and foremost, all friends should come together and offer Salat in congregation, and if someone cannot do this, he should offer Salat in congregation at his home with his wife and children. Friends should make arrangements everywhere for offering Salat in congregation. Where the town is big, the members should make arrangements by streets and sections of the city, and where there are no mosques, they should try to build mosques. Thus, in any case, the importance of offering Salat in congregation is such that even if a Salat has to be offered at home it should be offered in congregation by including wife and children so that the children get into the habit of offering their Salat in congregation.

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Discussion III



The Salat Center is a ten-minute drive from your home. Isha Prayer is offered there each evening, Monday through Friday, at 8:30 pm. Due to work and school, it's difficult during the week for your family to make the time to travel to the Salat Center. Your wife is concerned that the earliest your family would get home is 9pm, which is past the kids' bedtime for a school night.

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Option 1: If your family can't make it for Isha Prayer at the Salat Center, then just offer the Prayer in congregation at home.

Option 2: Explain to your wife that the family must offer Isha at the Salat Center.

Option 3: Compromise with your wife and suggest 2 nights during the week when your family will offer Isha at the Salat Center.

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Importance of Congregational Salat

It is proven by the traditions and sayings of the Holy Prophet (saw) that, without any legally acceptable excuse, there is no reason for the believing men to be absent from offering Prayer in congregation. Those who missed congregational Prayers of Fajr and Isha, the Holy Prophet (saw) called them hypocrites. He said to the extent that if it was permissible, I would have carried blocks of wood and set the houses of such persons on fire!

(***Sahih Bukhari, Kitabul Azan, Baab Fadhlul Isha fil Jamaat***.)

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Why so much emphasis on Congregational Salat?

[29:46] Recite that which has been revealed to thee of the Book, and observe Prayer. Surely, Prayer restrains *one* from indecency and manifest evil, and remembrance of Allah indeed is the greatest *virtue*. And Allah knows what you do.

اُتْلُ مَآ اُوْحِيَ اِلَيْكَ مِنَ الْكِتٰبِ وَاَقِمِ
الصَّلٰوةَ ۭ اِنَّ الصَّلٰوةَ تَنْهٰى عَنِ الْفَحْشَاۗءِ
وَالْمُنْكَرِ ۭ وَلَذِكْرُ اللّٰهِ اَكْبَرُ ۭ وَاللّٰهُ
يَعْلَمُ مَا تَصْنَعُوْنَ ۝

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اپنے جائزے لیں-

Self-analyze yourself

Where do we stand?

- In the last three days, how many Prayers did you offer without combining (Zuhr and Asr, Maghrib and Isha)?
- How many Prayers were offered in congregation?
- How many Prayers were offered at a Salat Center or at the mosque?

Add the three numbers together.

(Keep it to yourself.. the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں-

Bring about pious changes in yourself

How to Improve?

0 — Combined Score — 45

Focus on regularity of Prayers. Make time for Prayers on time. Prefer faith over worldly matters.	Think about ways to offer Prayers in congregation. Make going to the mosque or Salat Center a daily practice.	Reach out to your brothers. Bring a brother with you to the mosque next time.

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Health Topic: Walking and Exercise

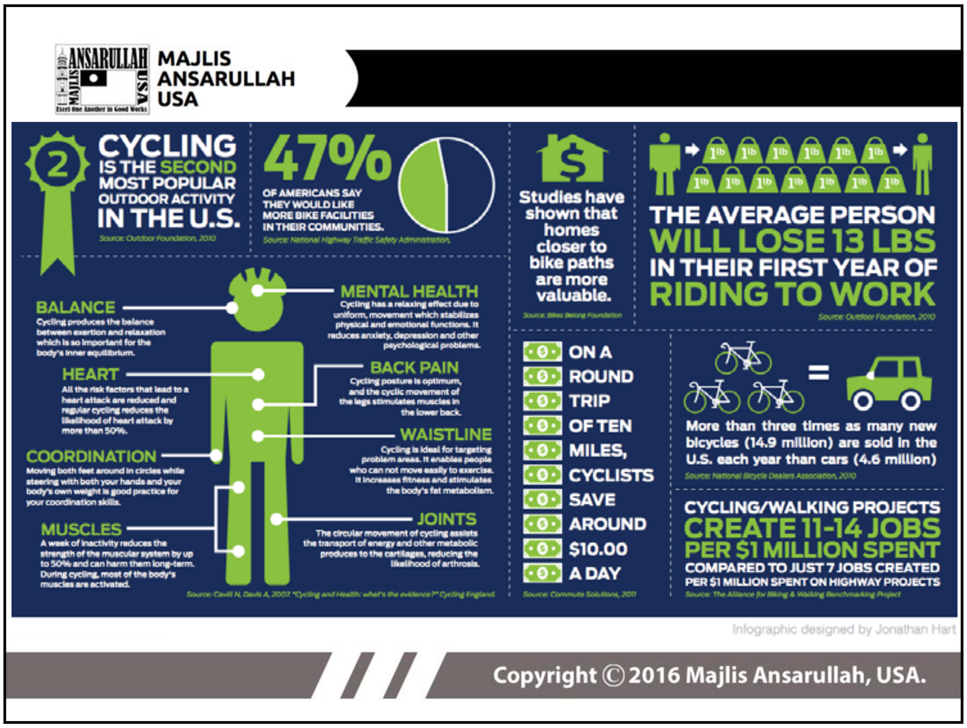
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Bike your way to better physical and mental health!
And lose some weight while you are at it.



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CYCLING IS THE SECOND MOST POPULAR OUTDOOR ACTIVITY IN THE U.S.
Source: Outdoor Foundation, 2010
47% OF AMERICANS SAY THEY WOULD LIKE MORE BIKE FACILITIES IN THEIR COMMUNITIES.
Source: National Highway Traffic Safety Administration,
Studies have shown that homes closer to bike paths are more valuable.
Source: Bikes Belong Foundation
THE AVERAGE PERSON WILL LOSE 13 LBS IN THEIR FIRST YEAR OF RIDING TO WORK
Source: Outdoor Foundation, 2010
BALANCE
Cycling produces the balance between exertion and relaxation which is so important for the body's inner equilibrium.
MENTAL HEALTH
Cycling has a relaxing effect due to uniform, movement which stabilizes physical and emotional functions. It reduces anxiety, depression and other psychological problems.
HEART
All the risk factors that lead to a heart attack are reduced and regular cycling reduces the likelihood of heart attack by more than 50%.
BACK PAIN
Cycling posture is optimum, and the cyclic movement of the legs stimulates muscles in the lower back.
WAISTLINE
Cycling is ideal for targeting problem areas. It enables people who can not move easily to exercise. It increases fitness and stimulates the body's fat metabolism.
COORDINATION
Moving both feet around in circles while steering with both your hands and your body's own weight is good practice for your coordination skills.
MUSCLES
A week of inactivity reduces the strength of the muscular system by up to 50% and can harm them long-term. During cycling, most of the body's muscles are activated.
JOINTS
The circular movement of cycling assists the transport of energy and other metabolic produces to the cartilages, reducing the likelihood of arthrosis.
Source: Cavill N, Davis A, 2007. "Cycling and Health: what's the evidence?" Cycling England.
ON A ROUND TRIP OF TEN MILES, CYCLISTS SAVE AROUND $10.00 A DAY
Source: Commute Solutions, 2011
More than three times as many new bicycles (14.9 million) are sold in the U.S. each year than cars (4.6 million)
Source: National Bicycle Dealers Association, 2010
CYCLING/WALKING PROJECTS CREATE 11-14 JOBS PER $1 MILLION SPENT
COMPARED TO JUST 7 JOBS CREATED PER $1 MILLION SPENT ON HIGHWAY PROJECTS
Source: The Alliance for Biking & Walking Benchmarking Project
Infographic designed by Jonathan Hart
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Majlis Ansarullah Monthly Meeting

Feb 2016

AGENDA

- Recitation of the Holy Qur'an (2:1-3)
- Pledge
- Reminder: Congregational Prayers
- Monthly topic: Is the Holy Qur'an a part of our lives
- Health topic: Nutrition
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Watching Our Congregational Salat!

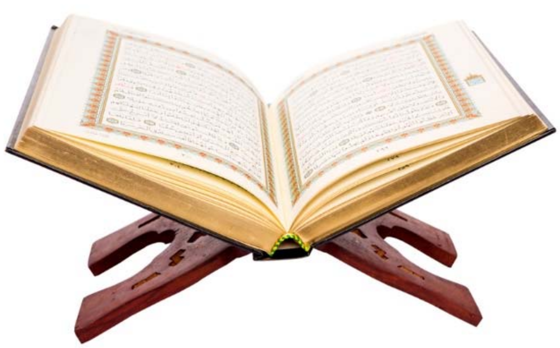
Stick to Congregation Prayers for the Wolf Eats the One that has Strayed

The Messenger of Allah (peace and blessings of Allah be on him) said: "If there are three people, either in the town or in the desert, among whom Prayer is not said in congregation but the devil will surely overcome them; so stick to the congregation for the wolf eats the one that has strayed away from the flock."

(Abu Dawud)

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Is the Holy Qur'an a Part of My Life?



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Click to listen the recitation

[2:1] In the name of Allah, the Gracious, the Merciful.

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ ﴿۱﴾

[2:2] Alif Lam Mim.

الٓمّٓ ﴿۲﴾

[2:3] This is a perfect Book; there is no doubt in it; *it is* a guidance for the righteous,

ذٰلِکَ الۡکِتٰبُ لَا رَیۡبَ ۚۖۛ فِیۡہِ ۚۛ ہُدًی لِّلۡمُتَّقِیۡنَ ﴿۳﴾

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How is the Holy Qur'an a "guidance for the righteous?"

Share your thoughts



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Guidance from the Promised Messiah

God the Almighty has already answered all the possible questions that would have arisen in this age in the pages of the Holy Qur'an. There is no new branch of any science or no degree of advancement that can overshadow the Holy Qur'an. The comprehensive teaching and guidance that the Holy Qur'an offers to the world is not to be met with either in the Gospels or in the Bible (the Old Testament).

(Malfuzat vol. 10, pg. 400)

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Discussion I



A person once told me that as:

- I don't do bad things or have bad habits,
- I pray 5 times a day ,
- I offer Nawafil Prayers at least once a week,
- I regularly attend Jama'at and auxiliary meetings plus Ijtima and Jalsa Salana,

that it's okay that I don't have time to read the Holy Qur'an daily.

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Option 1: You've prioritized your spiritual responsibilities appropriately.

Option 2: Daily Holy Qur'an recitation is still a must to ward off any other evils and receive blessings from Allah.

Option 3: Reading the Holy Qur'an 2-3 times a week fulfills the obligation.

Option 4: Any other response?

Guidance from Holy Prophet Muhammad (saw)

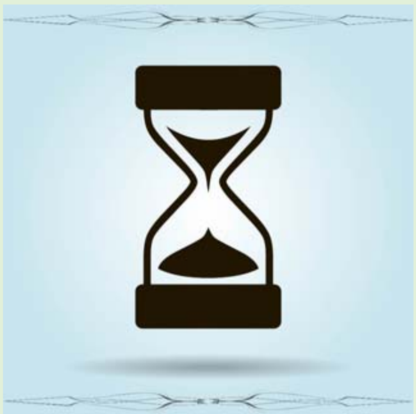
Are you a citron or a date?

Abu Musa narrates, that the Prophet Muhammad (saw) said, "The example of a believer who recites the Qur'an and acts on it, is like a citron which tastes nice and smells nice. And the example of a believer who does not recite the Qur'an but acts on it, is like a date which tastes good but has no smell. And the example of a hypocrite who recites the Qur'an is like a Raihana (sweet basil) which smells good but tastes bitter. And the example of a hypocrite who does not recite the Qur'an is like a colocynth (*also called bitter apple*) which tastes bitter and has a bad smell."

Sahih al-Bukhari Book 66, Hadith 84

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Discussion II



At this point in your son’s life, he states that he can dedicate only 10 minutes for the Holy Qur’an before going to school/work. He comes to you to seek advice on how best to use this time.

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Option 1: Advise him to read 2 Rukus of the Holy Qur’an in Arabic with correct pronunciation.

Option 2: Advise him to read 1 Ruku of the Holy Qur’an in Arabic with translation.

Option 3: Advise him to read 2-3 verses of the Holy Qur’an in Arabic with translation, focusing on the true message and instruction laid out.

Option 4: Any other response?

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Guidance from Hazur (aba)

Huzur (aba) said, "Recently one of our detractors said that if the Promised Messiah (alaihissalam) was a prophet why did he ask his Community to follow Imam Abu Hanifah. The Promised Messiah certainly did not say anywhere that Imam Abu Hanifah should be followed but with reference to the Holy Qur'an once it was mentioned in an assembly of the Promised Messiah that according to Hanafi creed only reading the translation of the Qur'an was essential. The Promised Messiah replied, 'if this was the creed of the great Imam, it was his mistake.' God sent the Promised Messiah as a source of real safeguard of the Qur'an in this age and he advised his Community to understand the Qur'an and to love it in numerous places."

(Excerpt from Friday sermon, October 9, 2015)

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Discussion III

A fellow Ahmadi brother confides in you that he doesn't feel that reading the Holy Qur'an is as important in today's world which is why we now have the writings of the Promised Messiah and Hazur's sermons. What is your main response to him?



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Option 1: Explain to him that the Holy Qur'an is unique in that it can be applied to any individual and for any time period after the advent of the Holy Prophet (saw).

Option 2: Explain that the Promised Messiah (alaihissalam) was sent to interpret the Holy Qur'an for us for modern times. Focus on reading his 80+ writings.

Option 3: We need to prioritize listening to Hazur's sermons as they effectively summarize the guidance of the Holy Qur'an through the lens of the teachings of the Holy Prophet (saw) and Promised Messiah to be applied to today's issues.

Option 4: Any other response?

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Guidance from the Promised Messiah

Holy Qur'an is for PAST, PRESENT, FUTURE

It is a specialty of the Holy Qur'an that it imparts its teachings to all the three types of the people. One and the same thing educates (produces workable teaching) the illiterate, the man of the moderate knowledge and understanding and to the highly talented philosopher. Indeed, this place of pride belongs to the Holy Qur'an and to no other book that every type of people is blessed through it according to his personal capacity.

(Malfuzat Vol. I, p. 212)

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Translation of the video

In this era, the Promised Messiah (alaihissalam) has made an immense effort, and this was the purpose of his coming, that we give precedence to the Holy Qur'an, more than anything else in this world. And give it such an honor that nothing else can compete with that. We don't only limit our honoring of the Holy Qur'an to what generally non-Ahmadi Muslims do by putting the Holy Qur'an in beautiful covers, in beautiful shelves and beautiful boxes. The real honor of the Holy Qur'an and its love is to try your best to act on its commandments. And that we make its do's and don'ts part of our lives. From whatever God has forbidden us, we refrain from that. And for what has been commanded us to do, we try our best to do that using all our abilities and powers. Keeping the fear of Allah in our hearts, it [the Holy Qur'an] should be recited. The Promised Messiah, at many places in his books, and spoken words, has described importance of the Holy Qur'an. He has laid out those expectations which he has from an Ahmadi or a person who has done the Bai'at. So, it is essential for us to fill our homes with the recitation of the Holy Qur'an. It is also needed that we read the translation along with its recitation. So that we can understand its commandments. At homes, in front of the children, it should be attempted that along with its recitation, we talk about and devise various ways to understand its meaning. We should not make a habit to do mere recitation. Rather we should try to bring up various small matters from the Holy Qur'an and present in front of children so that they begin to like it.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

In the past week,

- how many Rukus did you read in Arabic?
- How many Rukus did you read in your native language?
- How many Rukus did you read deeply with full pondering over the meanings of the words of the Holy Qur'an and apply to your life's activities?

Add the three numbers together.

(Keep it to yourself.. the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

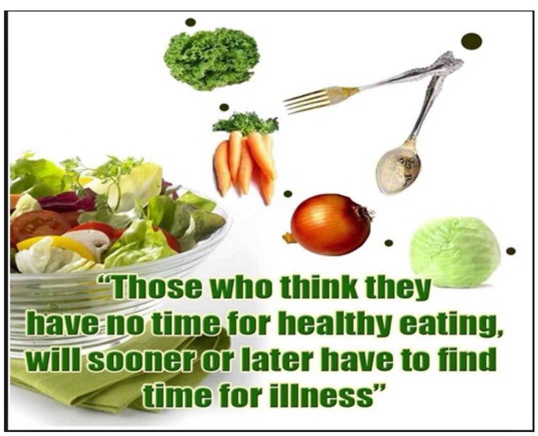
Bring about pious changes in yourself

How to Improve?

0 — Combined Score — 18+

Make reading the Holy Qur'an part of your daily routine. Don't just read the Arabic "blindly."	Make an earnest effort to focus on regularity and with deeper study of the meaning.	Make an active effort to teach what you've learned to your family, friends and fellow Jama'at members.

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Health Topic: Nutrition

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Balanced Diet

- Balanced Diet is an all-inclusive Lifelong Eating Habit that Promotes Health, Prevents Sickness, Deficiency and Over-nutrition
- A balanced diet gives your body the nutrition it needs to function properly
- The majority of daily calories should come from fresh fruits and vegetables, whole grains, and lean proteins
- Healthy diet provides adequate calories, vitamins and other nutrients from all food classes in a balanced manner
- Balanced Diet is not a Food Fad or Quick Fix - It is a lifestyle



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Why Balanced Diet?

- Balanced Diet is an essential step towards a happy and healthy lifestyle
- A healthy diet protects against diseases like obesity, Diabetes, Heart Disease, Osteoporosis, Arthritis and some forms of cancers
- A balanced diet is essential to maintain healthy weight
- Healthy Diet is associated with Long and Healthy Life
- Healthy eating is a good opportunity to enrich life by experimenting with different foods
- The benefits of eating a wide variety of foods are also emotional
- You will look better, feel better and Age better
- Healthy Diet is essential to live well without chronic illnesses (Heart, Diabetes)

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How to Eat Well and Balanced

- Consume a Variety of Foods and Keep an Eye on Portions
- Eat Plenty of Produce - 2½ cups of vegetables and 2 cups of fruit a day, for a 2,000-calorie diet
- Get More Whole Grains; at least half of your grains should be whole grains, such as whole wheat, barley and oats
- Limit Refined Grains, Added Sugar such as white bread, regular pasta and most snack foods
- Enjoy More Fish and Nuts; recent research suggests that these foods tend not to promote weight gain (Satiety)
- Cut Down on Animal fat, especially from red meat and processed meat
- Shun Trans Fats - such as commercial baked goods, snack foods stick margarines French fries, etc
- Watch Your Calcium and Vitamin D - These nutrients are vital for bone health - Low Fat Dairy Products
- Choose Food Over Supplements; Vitamins and Supplements cannot substitute for a healthy diet
- Be Aware of Liquid Calories; Beverages supply more than 20 percent of the calories in the average American's diet

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Majlis Ansarullah Monthly Meeting

March 2016

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AGENDA

- Recitation of the Holy Qur'an (30:22)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: What does a truly successful marriage mean?
- Health topic: Vitamins
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur'an regularly?

THOSE WHO HONOR QUR'AN SHALL BE HONORED IN HEAVEN

Do not leave the Holy Qur'an like a book that has been forsaken, since it is therein, and no where else that life lies. Those who honor this Holy Book shall be honored in heaven. Those who will hold the Holy Qur'an superior to every tradition and every other sayings shall be given preference in heaven.

Our Teaching, Page 12

Watching Our Congregational Salat!

Offer Prayers in Congregation so we are Following the Sunnah of the Holy Prophet (SAW):

According to Abdullah bin Masoud (ra), the Holy Prophet (saw), said: "O Muslims! Allah has prescribed paths of right guidance for you among which is the offering of the daily Prayers in congregation in the mosque, if you start saying your Prayers individually at home, as so-and-so does, you will be forsaking the Sunnah of your Prophet, and if you forsake the Sunnah of your Prophet, you will certainly be going astray."

(Muslim)

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What does a truly successful marriage life mean?



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Click to listen the recitation

[30:22] **And one of His Signs is this, that He has created wives for you from among yourselves that you may find peace of mind in them, and He has put love and tenderness between you. In that surely are Signs for a people who reflect.**

وَمِنْ اٰيٰتِهٖۤ اَنْ خَلَقَ لَكُمْ مِّنْ اَنْفُسِكُمْ
اَزْوَاجًا لِّتَسْكُنُوْۤا اِلَيْهَا وَجَعَلَ بَيْنَكُمْ
مَّوَدَّةً وَّرَحْمَةً ؕ اِنَّ فِيْ ذٰلِكَ لَاٰيٰتٍ لِّقَوْمٍ
يَّتَفَكَّرُوْنَ ۝٢٢

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Finding “peace of mind”

How can we give our wives peace of mind?

Share your thoughts



“I need you, darling. You complete me.”

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Guidance from the Promised Messiah

“The relationship between husband and wife should be as between two true and sincere friends. The primary witness of a person’s high moral qualities and of his relationship with God is his wife. If his relationship with his wife is not good, it is not possible that he should be at peace with God. The Holy Prophet (peace and blessings of Allah be upon him) has said, ’The best of you are those who behave best towards their wives.’”

(Malfuẓat, Vol. V, pp. 417-418)

Discussion I



I am often frustrated with my wife's management of the household. She's careless with food preparations, finances and the upbringing of our children. Last night, it got so bad that I yelled at her so loudly that the kids woke up. What should I do first?

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Option 1: I should immediately offer two Nawafil Prayer that Almighty Allah may correct the situation.

Option 2: I should apologize to her and the children for yelling. It won't happen again.

Option 3: I should explain to the family how we have to work together to manage the household affairs.

Option 4: Any other response?

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Guidance from the Promised Messiah

Standing Up to Women

"I esteem a person who stands up against a woman as a coward and unmanly. If you study the life of the Holy Prophet (peace and blessings of Allah be upon him) you will find that he was so courteous, that despite his high dignity, if an old woman stopped to talk to him, he continued to listen to her till she let him go."

(Malfuẓat, Vol. IV, p. 44)

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Discussion II



There is deep mutual love and tenderness in your marriage. However, you have noticed over the years that your wife can be very jealous. Your female boss texted you about a work matter late at night, but it also included some back-and-forth playful (platonic) chit-chat. You quickly delete the texts, but your wife heard the message chimes and wants to know why there are so many texts at this late hour.

Option 1: Tell her your boss texted you about a certain work-related matter.

Option 2: Tell her the texts are from your boss and you always delete texts after reading them.

Option 3: Tell her they were texts from your boss and the reason you deleted them.

Option 4: Any other response?

Guidance from Huzoor (aba)

The Path to Forgiveness

"The basis of the mutual confidence built after marriage should also be on Qaule Sadeed (the right word); on what is clear, unambiguous and truthful. Allah knows human nature and has given upholding truth as the basic instruction for societal peace to help fulfil mutual relationships and live in peace and well-being. It should be a truth, which is not confusing in any way at all. It is stated that if one promises to always say what is clear and unambiguous and not go near lies and misinformation, Allah guarantees forgiveness of sins. One's deeds will be reformed, and obviously when deeds are reformed and one works to gain the pleasure of Allah, then Allah also loves that person."

Excerpt from address by Hazrat Khalifatul Masih V (aba) UK Jalsa Salana 7/23/11

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Discussion III

I found out from an Ahmadi brother that my wife mentioned to his wife that I don't help out around the house with chores and properly deal with our children. She said that even my parents come and visit often but do not help much. I am not sure how to deal with this?



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Option 1: I would explain to my wife that the household is her responsibility and mine is to focus on providing food and shelter.

Option 2: I would chastise my wife for talking about family matters so loosely with others in the Jama'at.

Option 3: I would ask my wife how my family and I can better help around the house.

Option 4: Any other response?

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Guidance from the Holy Prophet (saw)

Showing Kindness to Your Wife

It is narrated by Abu Hurairah (may Allah be pleased with him) that the Holy Prophet (peace and blessings of Allah be upon him) said, "Among the believers, most perfect in faith are those who have the best disposition, and the best among you are those who are kindest to their wives."

(Tirmidhi, Kitabun-Nikaḥ)

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Translation of the Video

Huzoor (aba) reads a verse of the Holy Qur'an. You treat them well in everyday life. If you dislike them, it is very likely that you dislike a thing and Allah blesses it a lot. So when marriage takes place, kindness demands that you bear with and treat each other gently, understand each other and fear Allah. Allah Ta'ala says that if being obedient to Him, you will try to be kind to each other, then anything which you apparently dislike may change to likeness. And you may get a lot of goodness and blessing from this relationship because you don't know the unseen but Allah knows what is hidden and has control over everything. He will create goodness and blessing in it for you. Hazrat Khalifatul Mash I (ra) says that once I came to know about a man that he does not treat his wife well and rather is very rude to her. Huzoor says that one day he came across me on my way somewhere. I advised him in the light of this verse [which Huzoor recited earlier]. From there, that man went straight to his home and said to his wife that you know that I have been treating you like enemies but today Maulana Noorud Din Sahib (ra) has opened my eyes. From now on, I will treat you well. Hazrat Khalifatul Masih I (ra) says that after that, Allah Ta'ala rewarded that man with many blessings he had four very beautiful children and they lived happily thereafter.

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Self-analyze yourself

In the past week, how many times:

- did you yell at your wife?
- did you not speak the full truth with your wife?

Sum the numbers and keep to yourself.
That number is for your own self-reflection

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0 ← Combined Score → >4

Seek openly from your wife feedback on how you can be a better husband	Keep working at it. Communicate to your wife what specific misbehavior you are trying to avoid completely	Ponder over the Holy Prophet's (saw) treatment of his wives. Convince yourself of the need to change first

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Health Topic: Vitamins & Supplements

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What are Vitamins

- **Vitamins are a group of substances we need for normal body functions, growth and development**
- **A vitamin deficiency can occur when we do not eat enough fruits, vegetables, beans, lentils, whole grains and fortified dairy foods**
- **Vitamin Deficiency may increase risk of heart disease, cancer and poor bone health**
- **The best way to get all the daily vitamins is to eat a balanced diet containing variety of fruits, vegetables, fortified dairy foods, legumes (dried beans), lentils, and whole grains**
- **If you take Vitamins and supplements, DO NOT take more than 100% of the Recommended Dietary Allowance (RDA)**
- **There are no benefits in taking mega doses of vitamins; high doses of certain (D E K A) vitamins can be harmful and even toxic**

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Benefits Vs Harm

- **Vitamins and minerals are essential to life, and experts say that the diets of many Americans fall short in some key nutrients**
- **Daily multivitamin/mineral pills are the most popular supplements in the US; If they have an effect—good or bad—it is likely to be small**
- **Evidence suggests that *multis* provide little or no benefit for most well-nourished people (People who are most likely to take them)**
- **Those most likely to benefit from supplementation—people who are truly malnourished—and they are least likely to take them**
- **Vitamins are very useful in certain disease states and special conditions e.g. if you eat a vegetarian or vegan diet, in pregnancy and lactation and true deficiency states**

How to get your Vitamins?

- ***Balanced Nutrition is always better than a Pill***
- **Meet recommended nutrient intakes** by adopting a balanced eating pattern
- **Consume a variety of nutrient-dense foods and beverages** and limit the intake of saturated and trans fats, cholesterol, added sugars, salt
- **If you're over age 50,** consume vitamin B-12 in fortified foods or supplements
- **If you are an older adult**, **have dark skin, or are exposed to insufficient sunlight** exposure, consume extra vitamin D from vitamin D-fortified foods and/or supplements

Majlis Ansarullah Monthly Meeting

April 2016

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AGENDA

- Recitation of the Holy Qur’an (7:27)
- Pledge
- Reminders: Recitation of the Holy Qur’an and Congregational Prayers
- Monthly topic: Cleaning Our Inner-selves
- Health topic: Obesity
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

ELEVATED POSITION OF THE HOLY QUR'AN

The foremost thing God has provided us for our guidance is the Holy Qur'an which sets forth the unity of God, His grandeur and greatness, and decides all points in dispute between the Jews and Christians. Further, the Holy Qur'an forbids that you worship anything other than God—neither man or beast, the sun nor the moon, nor any other heavenly body, nor material means, nor your own selves. Therefore, beware! Do not take a single step in contravention of anything contained in Holy Book.

Our Teaching, Page 25

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Watching Our Congregational Salat!

Great Rewards & Benefits of Congregational Prayers

According to Ubayy bin Ka'ab (ra), the Holy Prophet (saw) said: "If the people come to know of the great rewards and benefits of the congregational Prayer, they would never stay back but would rush to the mosque for it. The first row merits the highest reward. Two persons praying together merit greater reward than the same praying individually, the rule being that the bigger the congregation the higher its worth in the Sight of Allah."

(Sunan Abu Dawud)

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Cleaning Our Inner-selves

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Click to listen the recitation

[7:27] O children of Adam! We have indeed sent down to you raiment to cover your shame, and to be an elegant dress; but the raiment of righteousness — that is the best. That is one of the Signs of Allah, that they may remember.

يٰبَنِيْٓ اٰدَمَ قَدْ اَنْزَلْنَا عَلَيْكُمْ لِبَاسًا
يُّوَارِيْ سَوْاٰتِكُمْ وَرِيْشًا ؕ وَلِبَاسُ
التَّقْوٰى ۙ ذٰلِكَ خَيْرٌ ؕ ذٰلِكَ مِنْ اٰيٰتِ اللّٰهِ
لَعَلَّهُمْ يَذَّكَّرُوْنَ ۝٢٧

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Raiment of Righteousness!

Describe what this raiment looks like to you.

Share your thoughts



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Ordinary dress covers our physical nakedness, while the apparel of piety covers our spiritual and moral nakedness, and it was with this very apparel of piety that Adam covered his 'nakedness' in the garden. He prayed to God Who heard his supplication and turned to him with mercy and forgiveness (7:24). The verse beautifully reminds us that when we consider it to be so necessary to have good clothing to cover our physical nakedness and use elegant dress to look graceful, we should all the more be anxious to cover our moral and spiritual nakedness which can only be done by prayer and asking God's forgiveness and mercy as Adam did.

Five Volume Commentary, page 779-780

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Discussion I



After the monthly Ansar meeting, you joined the usual crowd for lunch at a corner table, where you all do the "recap" of the meeting. One brother remarked how the recitation of the Holy Qur'an was not as melodious as yours. Another brother was annoyed that the meeting didn't start on time AGAIN. And yet another brother complained why daal was served instead of a meat dish (AGAIN).

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Option 1: Get up and move to another table.

Option 2: These are constructive observations. Provide this feedback to Za'im Majlis.

Option 3: Tell the brothers this conversation has hints of backbiting.

Option 4: Any other response

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Guidance from the Promised Messiah

Promised Messiah (alaihissalam) on Knowledge as a Reflection of Purity

"Mere words and knowledge will bring you nothing if you are not mindful of your deeds. Whether someone is able to counter an opponent in a debate or can prove the death of Jesus Christ (alaihissalam), or can deliver a solid speech on a knowledgeable subject, such knowledge is hollow if it does not bring any practical benefit to man."

Concluding address delivered by Hazrat Khalifatul Masih V on June 22, 2008 at the Annual Convention USA

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Discussion II

It always seems that the other brothers in the Jama'at are more successful than me. They drive nice new cars, own large homes, and donate a lot towards the Jama'at. You will find me in the mosque all the time, especially engaged in Prayers and Waqar-e-Amal. Yet, I just have trouble making ends meet. It frustrates me that my other brothers have been blessed so much while I struggle so much.



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Option 1: I must be doing something wrong. Pray for self-reformation.

Option 2: Pray fervently that Almighty Allah may increase my wealth.

Option 3: Put my trust in Allah and accept my life for the way it is.

Option 4: Any other response?

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Guidance from the Holy Prophet (saw)

Good Deeds and Bad Desires

Hazrat Haddad bin Aus (ra) narrated that the Prophet Muhammad (saw) said, "A wise man is the one who calls himself to account (and refrains from doing evil deeds) and does noble deeds to benefit him after death; and the foolish person is the one who subdues himself to his temptations and desires and seeks from Allah the fulfillment of his vain desires".

At-Tirmidhi, Hadith Book 1, Hadith 66

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Discussion III



As you reflect on your biggest spiritual weaknesses, telling lies is one sin that plagues you. There is both the outright lying you know you've done, as well as not practicing Qaule Sadeed (the right word). How would you first approach your reformation?

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Option 1: Recite the prayers of Istighfar continuously throughout the day.

Option 2: Confess your lies to those affected.

Option 3: Make a firm resolve to not lie again.

Option 4: Any other response?

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Guidance from the Hazur (aba)

The Path to Forgiveness

"Forgiveness is not only the uttering of these two simple words, but is the firm determination and resolve to make pure and virtuous changes in the heart; seeking the help of Allah; asking for His forgiveness for past transgressions and sins; pledging to spend one's life henceforth free from sin; and, seeking the ability to do so from Allah."

Concluding address delivered by Hazrat Khalifatul Masih V on 19 April 2008 at the Ghana Jalsa

Translation of the Video

To reform our everyday practices is a huge responsibility that we need to discharge. The promised Messiah (alaihissalam) says, "Remember that mere words and lexicon won't benefit you until actions take place. Only talking has no value in the sight of Allah." Then he says, "Weigh your faiths, [for emphasis, he repeats], weigh your faiths. Practice is the ornament of faith. If the practical aspect of a person is not right then there is no faith. A believer is a beautiful person. Just like if a beautiful person wears simple ornament, it will make him even more beautiful. In the same way the actions of a faithful person will make him very beautiful. However, if his actions are bad, then he has no value. When a person develops true faith, he experiences a special delight in his actions, and his vision widens. He offers his prayers like the prayers really need to be offered. He develops aversion towards sins. He starts to hate the immoral gathering and has a special zeal and fervor to show the Supremacy and Grace of God and His prophet."

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اپنے جائزے لیں

Self-analyze yourself

In the past two weeks, add up the times you…

- Said something that might be considered “backbiting”
- Were jealous of somebody else
- Committed a sin without truly repenting for it afterwards

Keep the number to yourself.
That number is for your own self-reflection

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

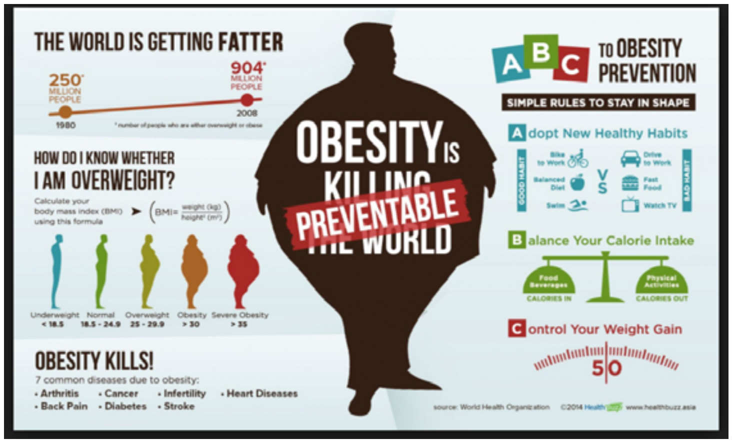
0 ← Combined Score → >3

How can you help your brothers out, keeping your humility in check?

For the next 24 hours, reflect on your every action and conversations with others

Do you think you take your actions too lightly? Think about the impact on your soul, your loved ones, and your honor

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Health topic: Obesity

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What Are Overweight and Obesity?

- **The terms "overweight" and "obesity" refer to body weight that's greater than what is considered healthy for a certain height**
- **The most useful measure of overweight and obesity is body mass index (BMI). BMI is calculated from height and weight**
- **Obesity results from a chronic pattern of energy imbalance**
- **Obesity is related to one's genetic makeup and his environment**
- **Family Health History and Cultural factors are important**
- **Certain diseases and drugs can also result in weight gain**

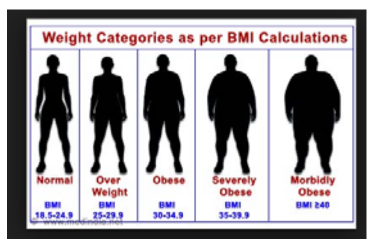
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Health Consequences of Obesity

- Increased risk of death
- High blood pressure
- Cholesterol Problem
- Diabetes Mellitus - Type 2
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis - Painful Joint Condition - The common arthritis
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Mental illness such as clinical depression, anxiety, and other mental disorders.
- Body pain and difficulty with physical functioning, poor life quality

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How to *Prevent and Treat Obesity?*



- Assess your body Weight
- Change your lifestyle
- Strive for a Calorie Balance
- Eat a Balanced diet
- Exercise Regularly - At least 150 minutes of moderate Physical Activity every week
- Limit screen and cell phone time
- Form a Walking Club or Join a Gym

Majlis Ansarullah Monthly Meeting

May 2016

AGENDA

- Recitation of the Holy Qur'an (24:56)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: Loyalty to Khilafat?
- Health topic: Heart Healthy
- National Reminders/announcements
- Local Reminders/announcements
- Dua

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Why read the Holy Qur’an regularly?

HOLY Qur’an IS THE FOUNTAINHEAD FOR YOUR SALVATION

The Holy Qur’an is the fountainhead for your salvation, for all your betterment and success. There is not even a single spiritual need which has not been met in this Holy Book. The supporter of the falsifier of your Faith on the Day of Judgment would be the Holy Qur’an; and apart from this book there is no other under heavens which can provide you with direct guidance. It is indeed a great blessing of God upon you that He has bestowed on you a book like this.

Our Teaching, Page 25-26

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Watching Our Congregational Salat!

Without any valid excuse, missing congregational Salat is not an option!

Salat cannot be acceptable before Allah the Almighty unless it is offered in congregation (by males) except than that a person is sick or disabled.

– Hazrat Musleh Mau’ud (ra), 1946

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Increasing in Our Loyalty to Khilafat



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Click to listen the recitation

[24:56] Allah has promised to those among you who believe and do good works that He will surely make them Successors in the earth, as He made Successors *from among* those who were before them; and that He will surely establish for them their religion which He has chosen for them; and that He will surely give them in exchange security *and peace* after their fear; They will worship Me, *and* they will not associate anything with Me. Then whoso is ungrateful after that, they will be the rebellious.

وَعَدَ اللّٰهُ الَّذِيْنَ اٰمَنُوْا مِنْكُمْ وَعَمِلُوا
الصّٰلِحٰتِ لَيَسْتَخْلِفَنَّهُمْ فِي الْاَرْضِ كَمَا
اسْتَخْلَفَ الَّذِيْنَ مِنْ قَبْلِهِمْ ۠ وَلَيُمَكِّنَنَّ
لَهُمْ دِيْنَهُمُ الَّذِي ارْتَضٰى لَهُمْ
وَلَيُبَدِّلَنَّهُمْ مِّنْۢ بَعْدِ خَوْفِهِمْ اَمْنًا ؕ
يَعْبُدُوْنَنِيْ لَا يُشْرِكُوْنَ بِيْ شَيْـًٔا ؕ وَمَنْ
كَفَرَ بَعْدَ ذٰلِكَ فَاُولٰٓئِكَ هُمُ الْفٰسِقُوْنَ ۝٥٦

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Generally, we talk about Ayat Istikhlaf to describe blessings of Khilafat. What does it tell us about our responsibilities?

Share your thoughts

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Hazrat Musleh Mau'ud (ra) explains:

The verse further says that the fulfillment of this promise will depend on the Muslims' observing the Prayer and giving the Zakat, and on their obeying the messenger of God in all religious and temporal matters concerning the nation. When they will have fulfilled these conditions, the boon of Khilafat will be bestowed upon them and they will be made the leaders of nations; their state of fear will give place to a condition of safety and security, Islam will reign supreme in the world, and above all the oneness and unity of God – the real purpose and object of Islam – will become firmly established.

Five Volume Commentary, page 1869

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Discussion I

Recently, Huzoor (aba) made a special appeal to raise funds for a cause in which I do not fully believe. I generally commit to pay whatever I can afford for every Jama'at campaign but my heart is not fully satisfied with this one so I decided not to pay. Am I justified?



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Option 1: Yes, because this cause will not benefit anyone in my opinion.

Option 2: Yes, and I should convince other Jama'at members not to pay either.

Option 3: I should give something in this cause just because Huzoor (aba) has asked so even though I do not believe in it.

Option 4: I should pray that may Allah guide my heart to reconcile with this cause and enable me to contribute happily.

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Guidance from Huzoor (aba)

Another misunderstanding that Huzoor wished to remove, although he has previously explained it in his sermons on conditions of Bai'at, is about the pledge each Ahmadi makes with the Khalifah of the time to obey him in every ma'roof (good) decision. Some people assume that it is for them to define/interpret what is ma'roof and what is not. Let it be very clear that ma'roof has been defined by God and His Messenger (may peace and blessings of Allah be on him). Ma'roof decision is the decision made in light of the Holy Qur'an and Sunnah. According to the prophecy of the Holy Prophet (peace and blessings of Allah be on him) Khilafat was to be established on the precepts of Prophethood and according to the Promised Messiah (on whom be peace) Khilafat is everlasting. Thus, Khilafat cannot operate contrary to Qur'an and Sunnah and there is no option but to obey Khilafat, or prove that Khalifah of the time did such and such thing contrary to Qur'an and Sunnah.

Excerpt from Friday Sermon, June 6, 2014

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Discussion II



"Are you sure energy efficient isn't just a nice way of saying you're not too bright?"

In recent elections, a person got elected as an office holder whom I know very well. Although, he is a representative of Khilafat, he is a weak person with limited secular and religious knowledge. There is no way I can obey him as I feel that my knowledge and experience is much more than him. What should I do?

Option 1: I should not obey him because it is not fair for such a person to be an officeholder.

Option 2: I should write to Amir Sahib to appoint someone with more experience in this office.

Option 3: I need to understand the phrase, "I hear and I obey".

Option 4: I should pray that may Allah enable me to accept this person as representative of Khilafat.

Guidance from the Holy Prophet (saw)

'Hear and Obey'

Wa'il bin Hujr (ra) reported: Salamah bin Yazid Al-Ju`f (ra) asked Messenger of Allah (saw): "O Prophet of Allah! Tell us, what you command us to do if there arises over us rulers who demand of us what is due to them and refuse us what is due to us." Messenger of Allah (saw) turned away from him, but he repeated the same question. Thereupon Messenger of Allah (saw) said, "Listen to them and obey them. They are responsible for their obligations and you are accountable for yours."

[Muslim]

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Discussion III

Since I became an office holder, I have been working hard with all my knowledge, wisdom, and dedication. Finally, our Majlis which had never been previously ranked at national level, got first position last year. I am indeed grateful to my Allah who has given me this knowledge, wisdom and leadership ability to put my Majlis on victory stand. Is there any flaw in my thinking?



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Option 1: I don't see any flaw with my thinking as I worked hard for this.

Option 2: Everyone in our Majlis should be thankful to me for putting our Majlis on victory stand.

Option 3: It's not my knowledge or leadership but the dedication and hard work of the entire Majlis which brought us this success.

Option 4: Its really our love and obedience to Khilafat for which Allah has blessed us.

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Guidance from Huzoor (aba)

Huzoor said to office-holders and workers of Jama'at that they have been blessed and enabled to serve the Jama'at merely owing to connection with Khilafat. He said it was credulous for people to assume that their knowledge, intellect or hard work was behind any good results/success. In matters of faith there can be no blessing at all without Khilafat as it has been historically proven. It is the love and loyalty to Khilafat that attracts God's grace and brings about good results/success because Khilafat is a system which God established. If office-holders feel any element of self-importance they should do Istaghfar. Knowledge and skill can work in worldly matters but in Jama'at matters everything works due to the blessings of Khilafat.

(Excerpt from Friday sermon, May 29, 2015)

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Translation of the Video

To have one's own opinion is not a bad thing. However, when regarding a matter, Khalifah of the time's decision arrives that this is what to do, then it is necessary to totally forget your own opinion. Hazrat Mirza Bashir Ahmad Sahib used to say, "I hold my opinions regarding some matters and share them with the Khalifah of the time with reasons. However, if my opinion is rejected then, I don't even think why it was rejected or what was my opinion? My opinion becomes the same as of the Khalifah of the time. With total obedience, I start obeying the commandment, which Khalifah of the time has given". The Promised Messiah (alaihissalam) says that you should give yourself to the hands of the Imam like a dead body. Just like a dead body cannot move itself but is moved by the one who is bathing it, similarly, it is obligatory to the perfect obedient that he should give himself in the hands of the Imam. When this standard is achieved, only then we can fulfil the pledge of allegiance. Only then, we can fulfil the standards of obedience set by Allah and his Messenger. So every one of us who has taken the pledge of allegiance, will not only have to instill this thinking but also prove it with his actions.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

- In the last month, how many times did you write to Huzoor?
- How many Friday Sermons did you read or listen?
- How many times, did you discuss Huzoor's Friday Sermons with your family?

Add the three numbers together.

(Keep it to yourself.. the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1	2-5	>5
Keep striving hard to establish a strong connection with Khilafat by praying for yourself, and writing to Huzoor.	Keep listening to the Friday Sermons regularly and try making Huzoor's directive part of your life	Continue to strengthen your connection with Khilafat and establish a best model for your family.

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Health Topic: Heart Healthy

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What is in your Heart?

- **Heart is the most important organ in your body. It is a strong muscle about the size of your palm that keeps life going**
- **As we get older, the heart cannot beat as fast (during exercise or stress) as when you were younger**
- **A common problem related to aging is “hardening of the arteries,” called arteriosclerosis**
- **Heart Valves may become thicker and stiffer, causing leaks or decrease pumping efficiency of your heart**
- **Many of the problems of heart and blood vessels are caused by disease, not by aging. There are things you can do to delay, lower, or possibly avoid or reverse your risk**

Heart Diseases

There are many types of heart diseases, the most common is the **atherosclerotic heart disease** which is caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood.

Symptoms may include

chest pain (angina)
shortness of breath
pain
Numbness, weakness or coldness in your legs or arms
Pain in the neck, jaw, throat, upper abdomen or back
Syncope or Pre-Syncope

Other Heart Diseases include those with diseased valves, infection, weakness of cardiac muscles or those due to abnormality of rhythm

How to be Heart Healthy?

Stop smoking - Quitting is the best way to reduce your risk of heart disease

Control your blood pressure Normal BP for most people is 140/90

Keep an eye your cholesterol - Your doctor will advise you what your goals cholesterol should be. In general the goal LDL (bad Cholesterol) may range from 70-130 depending on your risk factors. . Cholesterol guidelines have recently changed

Diabetes Tight blood sugar control can reduce the risk of heart disease

Exercise helps you achieve and maintain a healthy weight and control diabetes, elevated cholesterol and high blood pressure — all risk factors for heart disease

A heart-healthy diet based on fruits, vegetables and whole grains — and low in saturated fat, cholesterol, sodium and added sugar

Being overweight increases your risk of heart disease. A BMI of less than 25 and a waist circumference of 35 inches (88.9 centimeters) or less is the goal

Deal with depression Being depressed can increase your risk of heart disease

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Majlis Ansarullah Monthly Meeting

July 2016

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AGENDA

- Recitation of the Holy Qur’an (31:18-20)
- Pledge
- Reminders: Recitation of the Holy Qur’an and Congregational Prayers
- Monthly topic: Does Our Ego Hurt Our Marriage?
- Health topic: Smoking
- National Reminders/announcements
- Local Reminders/announcements
- Dua

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Why read the Holy Qur'an regularly?

ALL THE GOOD LIES IN Qur'an

The real and perfect paths of salvation have been opened only by the Holy Qur'an; all others were only its shadows. Therefore, you should study this Holy Scripture with the utmost attention and deepest thought and you should love it as you have never loved anything else. For indeed, as God conveyed to me,

"AL-KHAIROU KULLUHU FIL Qur'an"

i.e., All the good lies in the Qur'an.

(Our Teaching, Page 25)

Watching Our Congregational Salat!

Congregational Prayers with Rewards & Blessings in Fajr and Isha Prayers

Sayyidna Usman, (ra), has reported that he heard the Holy Prophet (saw) say: "The person who observes the Isha prayer in congregation, will have the reward and blessings of staying up half the night in prayer, and the one who observes the Fajr prayer in congregation will have the reward and blessings of staying up the whole night in prayer."

(Tirmidhi)

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Is Our Ego Hurting Our Marriage?



"You have to let them win once in a while, otherwise they are terrible to live with."

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Click to listen the recitation

[31:18] O my dear son! observe Prayer, and enjoin good, and forbid evil, and endure patiently whatever may befall thee. Surely this is of those matters *which require* firm resolve.

يٰبُنَيَّ اَقِمِ الصَّلٰوةَ وَاْمُرْ بِالْمَعْرُوْفِ
وَانْهَ عَنِ الْمُنْكَرِ وَاصْبِرْ عَلٰى مَآ
اَصَابَكَ ؕ اِنَّ ذٰلِكَ مِنْ عَزْمِ الْاُمُوْرِ ۚ﴿۱۸﴾

[31:19] And turn not thy cheek away from men in pride nor walk in the earth haughtily; Surely, Allah loves not any arrogant boaster.

وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ وَلَا تَمْشِ
فِي الْاَرْضِ مَرَحًا ؕ اِنَّ اللّٰهَ لَا يُحِبُّ
كُلَّ مُخْتَالٍ فَخُوْرٍ ۚ﴿۱۹﴾

[31:20] And walk thou at a moderate pace, and lower thy voice; verily, the most disagreeable of voices is the voice of the ass.

وَاقْصِدْ فِيْ مَشْيِكَ وَاغْضُضْ
مِنْ صَوْتِكَ ؕ اِنَّ اَنْكَرَ الْاَصْوَاتِ
لَصَوْتُ الْحَمِيْرِ ۚ﴿۲۰﴾ ع

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Is Hazrat Luqman's (alaihissalam) advice to his son still relevant in today's age and time?

Share your thoughts

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Hazrat Musleh Mau'ud (ra) explains:

When a man comes to acquire firm faith in God, and His powers and His attributes, and engages himself in Prayer, and exhorts other men to do good and right actions, and also patiently puts up with abuse and persecution, which he has to face, in the discharge of his difficult task, a new world opens to him. God inspires him with His love and as a result people flocks to him in large numbers. Then he is likely to be self-conceited and self-centered. Hence Luqman's warning to his son to be on his guard against this moral lapse.

Five Volume Commentary, page 2083

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Discussion I

Your son in his early twenties tells you that he heard that women are more prone to flaws like backbiting and gossiping, etc. He further mentioned to you that when he marries, he will try to correct any such existing flaws in his wife even if he has to become harsh with her. How should you advise your son?



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Option 1: He is mature enough and has a great plan so you should encourage him to go with his plan.

Option 2: You should explain to him that both men and women can have flaws and help each other overcome these weaknesses with love and patience.

Option 3: His demeanor shows ego so you should share with him Hazrat Luqman's (alaihissalam) advice to his son (31:18-19).

Option 4: Any other advice.

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Guidance from the Holy Prophet (saw)

Hazrat Abu Huraira (ra) narrated that Holy Prophet Muhammad (saw) said,

"The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger”

Sahih al-Bukhari Book 78, Hadith 141

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Discussion II



I gave a speech at my local Jama’at general meeting on the topic of ‘brotherhood and peace in the society.’ After the meeting was over, my wife’s brother became upset with me regarding my speech and blamed me of not practicing what I preached in my speech. He strongly objected and threatened to complain to the Jama’at President about my ill treatment of my wife at home. How should I respond?

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Option 1: I should raise my voice and yell at him until he retracts his accusations.

Option 2: I should turn away from him saying ‘peace’ and don’t pay any attention to what he said.

Option 3: I should analyze his blame and try to correct myself if there is any truth to it.

Option 4: Any other response

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Guidance from the Promised Messiah

The Promised Messiah (alaihissalam) says,

Whosoever does not live with his wife and her relations with gentleness, goodness, and magnanimity, he is not of my community. Whosoever deprives his neighbor of the very least good in his power, he is not of my community. Whosoever has no wish to forgive the faults of those who may have transgressed against him, and desires to nurse malice, he is not of my community. Every man or woman who is dishonest towards his or her spouse is not of my community.

(Our Teaching)

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Discussion III

In the early years of our marriage, my wife unjustly complained to her parents about my ill treatment towards her. Her parents harshly confronted me without listening to my side. Regardless, I apologized. Later on, when I talked to my wife about this, realizing her mistake, she apologized. This incident was never repeated. My parents-in-law are now old and need our help. However, I don't want to help them because they unjustly doubted me earlier. Am I justified in doing so?



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Option 1: I think I am justified as they might repeat their attitude of unnecessarily doubting me again.

Option 2: I am still waiting for an apology from them. Once they do so, I am ready to help them.

Option 3: I should exercise forgiveness and help them in their hour of need.

Option 4: Any other response.

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Guidance from the Promised Messiah

The Promised Messiah (alaihissalam) writes:

'God wills that your person goes through a great revolutionary change and He demands a kind of death from you after which He will give you life! Reconcile with each other and forgive the sins of your brothers because mischievous is one who is not inclined to reconcile with his brother. He will be cut off because he creates divisions. Forsake every aspect of self-centeredness and let go of mutual discord. Humble yourself like a liar although you are truthful, so that you may be forgiven. Give up the bulkiness of self-centeredness because a big-headed person cannot enter through the door to which you have been called.'

(Kishti e Nuh, Ruhani Khaza'in Vol. 19, p. 12)

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Translation of the Video

I often draw to attention of the Jama'at that we should raise our moral standards and not get entangled in egotism over trivial matters. Each member of the Jama'at should try and become a model of morality and humanity. Indeed, sometimes we spill out our emotions and become angry. It is human nature but God has also given some commandments to true believers. We should control our emotions and express them according to the will of God. I have given an example of marital issues between husband and wife. So see, in the Qur'anic verses recited during the Nikah sermon, how Allah Ta'ala has given a variety of commandments with righteousness in view and it is essential for both husband and wife to act upon them. However, people often do not pay attention to those commandments. They only think that Nikah and Shaadi is done and that's it. They who show rigidity in their matters, rather take pride in it. And instead of keeping those commandments in front of them, when problems arise, they keep sticking to their own stance. They feel pride in sticking to their stance and demeaning the other party. They deem their sentiments as right and have no consideration for the sentiment of others. They think that whatever they have done is right because in their mind the other persons got what they deserved. According to them, there was no other way except what they did. If the stance of such people is accepted then it means that the religion which they believe in, is false because religion says one thing and they say quite the other. They can of course say that it is difficult for them to abide by a particular commandment of religion but to believe that without breaking this commandment and without doing what they have done, there was no other way, is equivalent to falsifying the religion.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

- In the last month, how many times, you yelled at your wife justifiably or unjustifiably?
- How many times, did you yell at your children?
- How many times, did you argue with a colleague or Jama'at friend?

Add the three numbers together.

(Keep it to yourself... the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0	1-5	>5
Keep increasing in your faith in Allah and in your gentle treatment with your family and friends	Try to control your anger with prayers. Next time, don't yell at your family member even if they are at fault.	Nothing wrong to get anger control treatment. Discuss options with your trusted friends in Jama'at or family.

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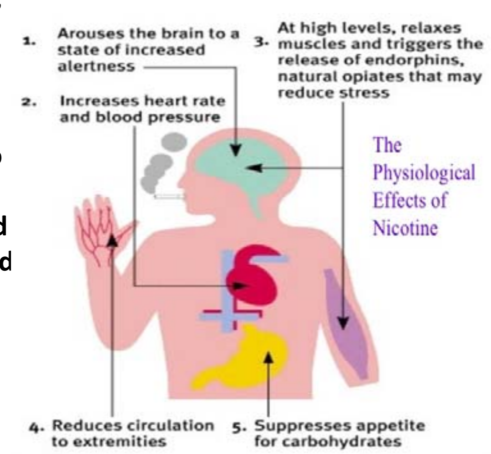


Health Topic: Smoking

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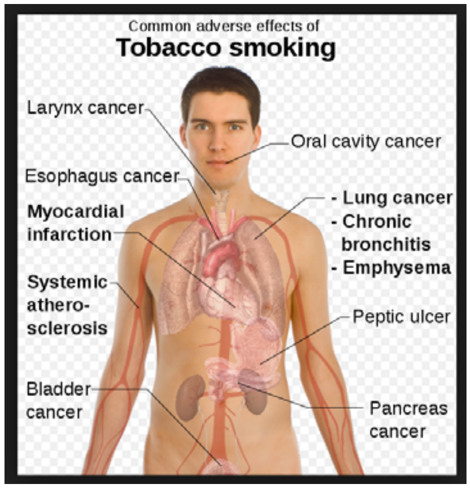
Why do we smoke?

- **All forms of tobacco - cigarettes, cigars, pipe, snuff and chewing tobacco - contain the addictive drug nicotine**
- **Nicotine is readily absorbed into the bloodstream and causes increased alertness, raised blood pressure, decreased appetite and induces a sense of well being (Euphoria)**
- **The harmful affects are innumerable and worsen with length and amount used**



What does Tobacco do to you?

- Increased risk of cataract, macular degeneration
- Loss of Sense of Taste
- COPD
- Heart Disease
- Diseases of blood vessels
- Cancers
- Wrinkles & Premature Aging
- Increased Risk of Diabetes
- Ulcers
- Poor Oral and Dental health



How do I Stop?

- Tobacco addiction is a chronic disease that often requires multiple attempts to quit, Most People would need a combination of medication with counseling to stop smoking
- Behavioral Treatments teaches tobaccos users to recognize high-risk situations and develop coping skills to deal with them
- Nicotine replacement therapies (NRTs) include nicotine chewing gum, nicotine patch, nasal sprays, inhalers, and lozenges. They deliver a small and controlled dose of nicotine to ease the withdrawal symptoms during the cessation process
- Bupropion and varenicline are two medications that help to quit smoking. Working on the brain they ease withdrawal symptoms and block the effects of nicotine if people resume smoking
- New Research is looking at Vaccines and newer drugs

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Majlis Ansarullah Monthly Meeting

August 2016

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AGENDA

- Recitation of the Holy Qur'an (33:71-72)
- Pledge
- Reminder: Why Recite Qur'an Everyday
- Monthly topic: Qaule Sadeed (the right word) as a Basis for Matchmaking
- Health topic: Hearing Loss
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

THE HOLY Qur'an IS THE BOUNDLESS SEA OF DEEP WISDOM

Let it be known that the most outstanding miracle of Holy Qur'an is that it is a boundless sea of deep wisdom. It carries those solid facts, those avenues of Qur'anic Knowledge so rich in philosophy which we manifestly present to all nations and people of every language: be the Indian, Persians, Europeans or Americans, whichever country they belong to. The Qur'anic miracle is capable of rendering them defenseless speechless and totally disarmed.

Roohani Khaza'in, vol 3, page 255

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Watching Our Congregational Salat!

Reward is Twenty-Seven times More

The Prophet (saw) said: "Prayer in congregation is twenty seven times better than prayer prayed individually."

(*Sahih al-Bukhari* and *Sahih Muslim*)

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Qaule Sadeed and Arranging Marriages



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Surah Al-Ahzab (71-74)

Click to listen the recitation

[33:71] O ye who believe! fear Allah, and say the right word.

يٰۤاَيُّهَا الَّذِيْنَ اٰمَنُوا اتَّقُوا اللّٰهَ وَقُوْلُوْا قَوْلًا
سَدِيْدًا ۙ﴿۷۱﴾

[33:72] He will bless your works for you and forgive you your sins. And whoso obeys Allah and His Messenger, shall surely attain a mighty success.

يُّصْلِحْ لَكُمْ اَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ
ذُنُوْبَكُمْ ؕ وَمَنْ يُّطِعِ اللّٰهَ وَرَسُوْلَهٗ
فَقَدْ فَازَ فَوْزًا عَظِيْمًا ﴿۷۲﴾

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What does it mean to use Qaule Sadeed (the right word) in arranging our children's marriages?



Share Your Thoughts!

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From the writings of the Promised Messiah

'Qaule Sadeed (the right word) entails uttering what is completely true and appropriate and has no hint of randomness, uselessness and falsehood.'
'O you who believe, fear God and say what is based on truth, honesty, fairness and wisdom.'
'Do not talk randomly and speak at the right time and place.'

Tafseer Holy Qur'an, Vol. III, pp. 731 – 732

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Discussion I



Your niece just turned thirty-six years old and is still unmarried. She's educated, pious, but rather overweight, which you suspect has made it difficult to find a suitable match. There is a 42-year old man in your Jama'at whose mother has been eager to get him married. She's known to be very picky and only wants her son marrying a young girl in her late twenties so they can have many children. Your aging brother and sister-in-law are desperate to get their daughter married and advise you to just say your niece is "about 30."

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USA

When you speak with the man's mother:

Option 1: You should give the exact age of your niece.

Option 2: You should do as your older brother and sister-in-law advised and be very vague about her age.

Option 3: You should avoid the age topic completely and just "sell" the great qualities of your niece.

Option 4: Any other response?

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Guidance from Holy Prophet Muhammad (saw)

Blessings of Transactions

Hakim bin Hizam narrated that the Holy Prophet Muhammad (saw) said, Both parties in a business transaction have a right to annul it so long as they have not separated; and if they tell the truth and make everything clear to each other (i.e., the seller and the buyer speak the truth, the seller with regard to what is purchased, and the buyer with regard to the money) they will be blessed in their transaction, but if they conceal anything and lie, the blessing on their transaction will be eliminated.

Al-Bukhari Book 1, Hadith 59

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Discussion II



Your son completed his education and has a stable job. You and your wife are eager to marry him in a pious family. You receive a profile about a girl of the Jama'at from across the country. Your family (including your son) all agree that it seems to be suitably religious, attractive, and smart proposal. As you prepare to talk with her parents to set up an initial meeting, you need to decide with your wife about one potential challenge: do you divulge the fact about your son's one-year relationship with a non-Muslim girl in college? That relationship has completed ended and your son is committed to the current process.

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You suggest to your wife when she speaks with the girl's mother:

Option 1: To come clean about your son's past on the phone call.

Option 2: To not bring up your son's issue right now. Let the couple meet first and see if they like each other; then share the facts about your son's past.

Option 3: To not bring up about your son's past, unless expressly asked by the girl's family.

Option 4: Any other response?

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So said Hazrat Khalifatul Masih V (aba)

The fact is that so long as a person does not renounce the selfish motives which prevent him from telling the truth, he cannot be considered truthful. If a person tells the truth only when he stands to lose nothing, but tells a lie when his honor, property or life are threatened, how can he be considered better than children and the insane? Do minors and the insane not speak this kind of truth? There is hardly anyone in the world who would tell a lie without any motive. Therefore, the truth that is forsaken when faced with possible loss can never form part of true morals. The real occasion of telling the truth is when one apprehends loss of life or property or honor.

Conditions of Bait and Responsibilities of an Ahmadi

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Discussion III

As the Jama'at president for the past several years, you have always been troubled by Tariq, the son of your Finance Secretary. Growing up, he's always misbehaved during the children classes and has been disrespectful towards Jama'at elders. Now, in his early twenties, he's completed some education and working odd jobs. He comes to the mosque for most programs, but he's not very reliable and he keeps his distance from you. A family from across the country has come to get your opinion on him for their daughter.



"I made the Top Ten on our church's prayer list."

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What will you tell the prospective family about Tariq?

Option 1: Share your full history and opinion about Tariq: good and bad.

Option 2: Share your opinion about Tariq in a positive light.

Option 3: Share the basic Jama'at-related facts about Tariq: his Chanda regularity and frequency of attendance in Jama'at events

Option 4: Any other response?

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Guidance from Huzoor (aba)

A benchmark of Qaule Sadeed (the right word) is that whatever one says is pertinent and appropriate. It is not essential to say everything that is true. If it is not pertinent and appropriate it can cause discord and strife. By divulging secrets of others relationships break down. However, at times something may not be appropriate in one situation but becomes necessary in another situation. For example, some matters are brought before the Khalifah of the time, which are for reformation. These matters are not for divulging in other situations but here their disclosure becomes pertinent and appropriate. A matter is pertinent and appropriate when something frivolous is not said in the name of Qaule Sadeed and no overstatement/exaggeration is made in the guise of explanation.

Friday sermon, June 21, 2013

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Translation of the Video

While drawing attention to attain Taqwa (righteousness), Allah Ta'ala commands to adopt Qaule Sadeed (the right word) and to say what is straightforward and clear. The Promised Messiah (as) wrote, 'Qaule Sadeed means that you say what is completely true and appropriate and has no hint of randomness, uselessness and falsehood.' Then he said again, 'O you, who believe, fear God and say what is based on truth, honesty, fairness and wisdom.' The he says, 'Do not talk rubbish and only speak in the context and whenever needed'. In all these statements of the Promised Messiah (alaihissalam), it is apparent that the attainment of Taqwa, according to God's commandment, is only possible when in every situation; in times of difficulty or ease, while making decision when someone is given the responsibility to make a decision, while giving testimony, while conversing and dealing with wife and children at home, and while dealing with relatives and friends, in business while buying and selling, in employment if someone is an employee, always uphold the truth. And if someone has employees, he should be truthful in dealing with them. So, in daily matters and in all situations, God commands to utter complete truth and without any ambiguity. Such ambiguity which leads one to take whatever meaning he wants.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

In the past,

- Have you ever wrongfully sided your children to protect them in school, college, Masjid etc.?
- Have you ever lied or distorted a fact in presence of your children to stay out of trouble?
- Have you ever lied or distorted a fact at work for your benefit?

Count the number of Yes's

(Keep it to yourself... the "score" is for you!)

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-اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0 ← Combined Score → 3

Alhamdulillah, keep praying for yourself that may Allah Ta'ala keep you on the right path	Keep struggling to always stick with the truth and keep praying that May Allah keep you away from falsehood	Pray hard for yourself and make a conscious effort to avoid distorting the facts at your next opportunity

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Health Topic: Hearing Loss

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What is hearing loss?

- **Hearing loss is a sudden or gradual decrease in how well you can hear. It is one of the most common conditions affecting older and elderly adults**
- **Approximately 30% people between the ages of 65 and 74 have hearing loss and nearly 50% of those older than 75 have difficulty hearing**
- **Hearing loss can be frustrating, embarrassing, and even dangerous**
- **One may not be able to follow instructions by a physician, hear alarms, traffic sounds or simple day to day conversations. It can be terribly disabling and isolating**

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Why am I losing my hearing?

- **Many people lose their hearing slowly as they age. This condition is known as presbycusis. Hearing loss with aging affects some people more than others and it seems to run in families**
- **Hearing loss with aging may be related to years of exposure to loud noise. This condition is known as *noise-induced hearing loss.* Construction workers, farmers, musicians, airport workers, Industrial workers and people in the armed forces have hearing problems even in their younger and middle years from long term noise exposure**
- **Hearing loss can also be caused by viral or bacterial infections, heart conditions or stroke, head injuries, tumors, and certain medicines**

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What Can I Do?

- **Hearing problems can be serious. It is important to seek professional advice**
- **Hearing aids** are electronic instruments worn in or behind the ear. Things sound different when you wear a hearing aid. You may have to try more than one Hearing Aid to find the right kind - Request for a Trial Period of Hearing Aid
- **Cochlear Implants** are small electronic devices surgically implanted in the inner ear that help provide a sense of sound to people who are profoundly deaf or hard-of-hearing
- **Assistive listening devices** include phone amplifying devices, smart phone or tablet "apps," and closed circuit systems (induction coil loops) in places of worship, theaters, and auditoriums
- **Lip reading or speech reading can help some people too.**
- Ask your friends and family to **face you when they talk** so that you can see their faces
- Ask people to **speak louder and clearly** but not shout
- **Background noise** makes it hard to hear people talk e.g. Noise from TV etc. - Turn them off if you are not using those devices

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Majlis Ansarullah Monthly Meeting

October 2016

MAJLIS ANSARULLAH USA

AGENDA

- Recitation of the Holy Qur’an (20:133)
- Pledge
- Reminder: Why Recite the Holy Qur’an Everyday
- Monthly topic: Being Attentive to the Moral Training of Our Children
- Health topic: Healthy Vision
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

THE MEANING OF HOLY Qur'an ARE UNFOLDED AS DEMAND IS CREATED

The meanings of Holy Qur'an are unfolded as demand is created according to the changing times and stand guard like well-armed soldier against the insinuations and aspersions cast in every age. Had the Qur'an been limited in extent regarding that which it comprises of solid facts and subtle realities it could not have been deemed as that perfect miracle.

(Roohani Khaza'in, vol 3, page 255)

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Watching Our Congregational Salat!

Even a Blind Man

Abu Hurayrah (may Allah be pleased with him) reported that a blind man said to the Prophet (saw) "O Messenger of Allah, I have no guide to lead me to the mosque (to attend the congregational Prayer)." He asked the Prophet (saw) for permission to pray in his house and the Prophet (saw) permitted him. Then, when he turned to go, the Prophet (saw) called him and said: "Do you hear the call to prayer?" The blind man said "yes." The Prophet (saw) then said: "Then respond to it [by coming to the mosque]!"

[Muslim]

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Moral Training of Children



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Click to listen the recitation

وَاْمُرْ اَهْلَكَ بِالصَّلٰوةِ وَاصْطَبِرْ عَلَيْهَا ؕ
لَا نَسْئَلُكَ رِزْقًا ؕ نَحْنُ نَرْزُقُكَ ؕ
وَالْعَاقِبَةُ لِلتَّقْوٰى ﴿۱۳۳﴾

[20:133] And enjoin Prayer on thy people, and be constant therein. We ask thee not for provision; it is We that provide for thee. And the end is for righteousness.

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What does it mean to constantly remind your family for Prayers?

Share your thoughts!



"IT SAYS THE BEST WAY TO STOP UNDESIRABLE BEHAVIOR IS TO IGNORE IT."

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Guidance from Hazrat Musleh Mau'ud (ra)

Hazrat Musleh Mau'ud (ra) said: "Congregational Prayer—in my view—is the most important intervention to teach children good morals and habits. Children should be trained to offer Salat in congregation. In my view, there is no bigger enemy of a child than those parents who do not inculcate the habit of offering congregational Prayer in their children. While a grown up who fails to offer congregational Salat is a hypocrite, parents who don't inculcate this habit in their children are their murderers. It is impossible for a child to sustain irreparable moral damage if parents help them develop a habit of offering Prayers in congregation."

Nazarat Islah-o-Irshad

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Discussion I



After school and baseball practice (Thursday), your son comes home tired and exhausted. Along with a lot of homework, he laments that he has a big paper due for History on Friday, a class where he is running a C. This Saturday, he must also participate in the Waqfe Nau Ijtima, for which he still has to memorize a Ruku of Surah Al-Kahf. How would you help him prioritize his Thursday evening?

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Option 1: Advise him to combine his Maghrib/Isha Prayers, then work on his school homework. Save the Ijtima prep for Friday night.

Option 2: Advise him to separate his Maghrib/Isha Prayers, read a portion of the Holy Qur’an, and then work on his school homework. Save the Ijtima prep for Friday night.

Option 3: Keep to your routine of going to the masjid for Maghrib prayers. Advise him to read a portion of the Holy Qur’an, then do some Ijtima prep. The remainder of the night should go towards his school work.

Option 4: Any other response?

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From the Writings of Hazrat Mirza Bashir Ahmad (ra)

But it is a pity that most of the parents disregard this golden principle with the result that many children, far from being better off than their parents, are brought up, in such a condition as gives the impression of a dead baby having been born to a live person. Such parents feed and dress their children well and to some extent also mind their secular education, as it provides them with means of economic well-being, but they generally disregard their moral discipline as if it were something unimportant. On the contrary, moral training or discipline is infinitely more important than secular education and certainly has a greater moral value and status. An educationally less qualified but morally better disciplined person endowed with qualities of industry, truthfulness, honesty, self-sacrifice and pleasing manners is far superior to the man carrying the donkey-load of knowledge but totally bereft of qualities of moral excellence.

Qamarul Anbiya (Moon of the Prophets)

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Discussion II



Your eleven-year old daughter went to bed late last night because your parents had visited for dinner and they didn't leave until 10pm. With her school starting at 8am in the morning, your wife pleads with you not to wake her for Fajr (at 6am) in the morning. She knows your daughter will not be able to fall back to sleep after Fajr and she will be miserable for the rest of the day. How would you respond to your wife?

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Option 1: Let it go this time. Commit to waking her up for Fajr the subsequent morning.

Option 2: Set an alarm in your daughter's room for Fajr time. If she wakes up, great.

Option 3: Tell your wife you plan to wake your daughter as you normally do, on time.

Option 4: Any other response?

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Sayings of the Holy Prophet (saw)

Hadith 1: The Prophet Muhammad (saw) said: Allah will ask every caretaker about the people under his care, and the man will be asked about the people of his household.

(Nasa'i, Abu Da'ud)

Hadith 2: The Prophet Muhammad (saw) said: Every one of your (people) is responsible, and everyone is responsible for whatever falls under his responsibility. A man is like a shepherd of his own family, and he is responsible for them.

(Bukhari and Muslim)

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Discussion III

A family goes to the museum on their daughter's 3rd birthday. The family also includes two sons ages 16 and 10.
The family is confronted by this sign at the entrance: "Adults ($29), Children 3-15 ($20), Under 3 is Free."



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Option 1: The father should pay for 3 adults and 2 children.

Option 2: The father should pay for 2 adults and 2 children. When he gets home, pay some Sadaqa.

Option 3: The mother should divert the boys' attention and pay for 2 adults and 2 children.

Option 4: Any other response?

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Guidance from Hazrat Musleh Mau'ud (ra)

Do not lie to a child nor be peevish or arrogant with it. It will certainly imitate you. It is the parents who teach a child lying. The mother does something in the child's presence but denies having done it when asked by the father. Thus the child learns to lie. I certainly do not mean that parents are permitted to misbehave in the absence of the child. What I mean is that if they cannot help doing such things, they should try to be circumspect, at least, in the presence of children to save the younger generation from such evils.

Way of Seekers

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Translation of the Video

It is due to imitation and environment that a child learns to speak the language from his parents or learns other things. He learns good behaviors and after learning those good behaviors, a child develops high morals. If parents are righteous, offer their prayers, read the Holy Qur'an and recite it, live with mutual love and affection, and despise falsehood, then the child will be influenced by the parents' virtues and will adopt the same. However, if falsehood, confrontations, disdainful discussions to ridicule each other at home, and not being mindful of the Jama'at's dignity and honor, if all this occur; or when child observes any such type of vices, then as a result of the inherent nature of imitating or as a result of the environment, he also picks up these vices. When he is outside of home, whatever he observes in the environment and among his friends, he makes an effort to imitate that. This is why I repeatedly call the attention of the parents that they should be watchful of the child's environment outside of home. And they should also be vigilant of what they do at home; any TV programs they watch, or their use of the Internet. Then another matter requiring attention is that age of the child's training starts from the early childhood. You should remember this. Do not assume that moral training will begin when child grows up. Even when the child is of 2 or 3 years old, it's the age for moral training. As I said that child learns from his parents and elders at home and imitates them. Parents should never assume that the child is yet small so what would he know. The child knows everything and he is observing every act of his parents, and unconsciously all this embedding in in his mind.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

In the past week, how many times did you

- put your worldly affairs ahead of Salat at the appointed time?
- allow external influence to keep you from training your family?
- not twist the rules to your benefit?

Add the three numbers together.

(Keep it to yourself... the “score” is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0 ← Combined Score → 5+

Masha’allah. Keep scrutinizing your actions.	Identify what fault is plaguing you – pray and resolve to act differently.	Your children and grandchildren watch what you do and will copy you in the future. Don’t let your faults become your legacy.

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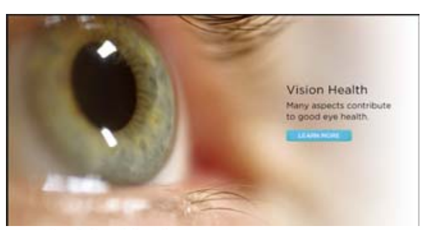


Health Topic: Healthy vision

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Is it Just part of growing up?

- In your 40s certain changes in vision are considered normal e.g. need reading glasses
- We are also at higher risk of developing age-related eye diseases and conditions
- These conditions are age-related macular degeneration, cataract, diabetic eye disease, glaucoma, low vision and dry eye



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Common Age-related Eye Diseases

- **Age-related Macular Degeneration (AMD)** is a disease that gradually destroys sharp, central vision, needed for seeing objects clearly such as reading and driving
- **Cataract** A cataract is a clouding of the lens in the eye. Vision may be cloudy or blurry, colors may seem faded and you may notice a lot of glare
- **Diabetic Eye Disease** is a complication of diabetes and a leading cause of blindness
- **Glaucoma** is usually associated with high pressure in the eye and affects side or peripheral vision. Damage to eye's optic nerve can cause vision loss and blindness
- **Dry Eye** occurs when the eye does not produce tears properly, or tears are not of the correct consistency and evaporate too quickly. Dry eye can make reading or using computer for extended periods difficult
- **Low Vision** means that even with regular glasses, contact lenses, medicine, or surgery, people find everyday tasks difficult to do. Reading, shopping, cooking, TV, and writing become challenging

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How to Maintain Healthy Vision

- **Comprehensive Eye Exam:** Many common eye diseases often have no warning signs. A comprehensive eye exam is the only way to detect these diseases in their early stages. Get an Eye exam @ 50
- **Know your family's eye health history:** Certain Eye Diseases run in the family your risk may increase for developing an eye disease or condition.
- **Eat right to protect your sight:** Diet rich in fruits and vegetables, particularly dark leafy greens, such as spinach, kale, carrots or collard greens as well as fish high in omega-3 fatty acids, such as salmon, tuna, and halibut are good for vision
- **Maintain a healthy weight - Obesity** can lead to Diabetic Eye Disease and Glaucoma
- **Smoking** increases risk of developing age-related macular degeneration, cataract, and optic nerve damage
- **Sunglasses protect your eyes from the sun's ultraviolet rays.** When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation
- **Give your eyes a rest:** If you spend a lot of time at the computer, Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds - May Reduce Strain on your Eyes

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Majlis Ansarullah Monthly Meeting

Nov 2016

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AGENDA

- Recitation of the Holy Qur'an (2:222)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: Encouraging our children to marry early and choose right partners
- Health topic: Oral and Dental Health
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur’an regularly?

HOLY Qur’an IS A PRECIOUS BLESSINGS AND A GREAT TREASURE

Without the Holy Qur’an the whole world would have been no better than a dirty clot of half formed flesh. Indeed it is book as compared to which all other scriptures and sources of guidance amount to nothing at all. The Holy Qur’an can purify man within a week, provided there is no attempt to get away from it in form and spirit. The Qur’an can make you like the prophets, provided you do not try yourself to run away from it.

Our Teaching, Page 26

Watching Our Congregational Salat!

Rows of Angels

And the Prophet (SAW) also said: “The rows of congregational prayer are like rows of angels on the fourth level of heaven.”

(Al Bukhari)

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Encouraging our children to marry early and help them choose right partners?

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[2:222] And marry not idolatrous women until they believe; even a believing bond-woman is better than an idolatress, although she may *highly* please you. And give not *believing women* in marriage to idolaters until they believe; *even* a believing slave is better than an idolater, although he may *highly* please you. These call to the Fire, but Allah calls to Heaven and to forgiveness by His command. And He makes His Signs clear to the people that they may remember.

Click to listen the recitation

وَلَا تَنْكِحُوا الْمُشْرِكٰتِ حَتّٰى يُؤْمِنَّ ؕ
وَلَاَمَةٌ مُّؤْمِنَةٌ خَيْرٌ مِّنْ مُّشْرِكَةٍ وَّلَوْ
اَعْجَبَتْكُمْ ۚ وَلَا تُنْكِحُوا الْمُشْرِكِيْنَ حَتّٰى
يُؤْمِنُوْا ؕ وَلَعَبْدٌ مُّؤْمِنٌ خَيْرٌ مِّنْ مُّشْرِكٍ
وَّلَوْ اَعْجَبَكُمْ ؕ اُولٰٓئِكَ يَدْعُوْنَ اِلَى
النَّارِ ۖۚ وَاللّٰهُ يَدْعُوْٓا اِلَى الْجَنَّةِ
وَالْمَغْفِرَةِ بِاِذْنِهٖ ۚ وَيُبَيِّنُ اٰيٰتِهٖ لِلنَّاسِ
لَعَلَّهُمْ يَتَذَكَّرُوْنَ ﴿۲۲۲﴾

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This verse prohibits Muslim men and women to marry idolaters. What is the wisdom behind it?

Share your thoughts

The prohibition is based on religious as well as moral and social grounds. An idolatrous husband is bound to exercise an extremely baneful influence not only on his wife but on his children as well; whereas an idolatrous wife is sure to ruin the early training of the offspring. Moreover, when a believing man has an idolatrous wife or *vice versa*, their ideas, beliefs, culture and outlook on life being widely different, there cannot possibly be harmony or concord between the two and their life is sure to become miserable, if they possess any attachment whatever for their religion.

(Five Volume Commentary, pages 289-290)

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Discussion I

Parents of a of 24-years- old girl who is about to finish her Masters degree are trying to find a good match for her. The girl wants to marry her cousin who is a car mechanic. Mother is ok with her choice but father disagrees saying, “I will never marry my educated daughter to a car mechanic.” Mother’s argument is that they have seen the boy grow up in front of their eyes, and that he is well connected with the Jama’at. The father continues to show reluctance. What should they do?



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Option 1: They should respect their daughter’s choice and marry her with her cousin.

Option 2: They should tell their daughter that they will find a better and more educated match for her.

Option 3: They should tell their daughter unless her cousin starts his own business earning a better living, they will not agree to the marriage.

Option 4: Any other response?

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Guidance from the Holy Prophet (saw)

Abu Hurairah, Allah be pleased with him, relates that the Holy Prophet (peace and blessings of Allah be upon him) said, “Usually one marries a woman for four reasons: For her wealth, for her family, for her beauty or for her righteousness. Give preference to the one who is righteous. May you remain humble.”

Bukhari

While Caliph Umar on his regular stroll in a poor area heard a woman asking her daughter to add water as no one is watching them. The daughter said, even though no one is watching us, our God is certainly watching over us. The honesty of young girl impressed the Caliph so much that he asked his son to marry that girl as she can be the best trainer for his future generations.

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Discussion II



On dinner table, mother shares that her 19- years-old niece got engaged and wedding is in a few months. Father exclaimed, ’She will barely be a sophomore in college!’ The father then looked at her 12 years old daughter and remarked “We are certainly not going to pressure our daughter for marriage before she completes her college degree”. The mother disagreed and expressed her wish to marry her daughter early during her college years, if a good proposal comes across. Whose side you will take?

Option 1: Father because education is more important for girls.

Option 2: Mother because it is important to marry daughters early.

Option 3: Father or Mother for another reason

Option 4: Any other response?

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If a boy is born in the house of a person, he should give him a good name, teach him manners, and arrange for his Nikaḥ when he grows up. And if he does not arrange his Nikaḥ when he grows up, and the boy commits some form of sin, then his sin shall be the responsibility of his father. *(Baihaqi)*

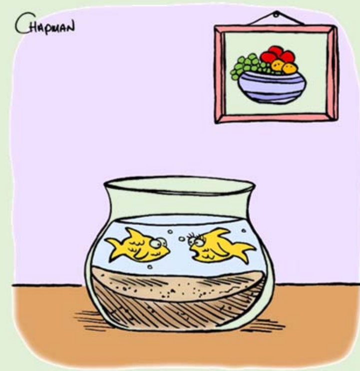
The parents of a boy do not care about his marriage even though the boy has reached the age of marriage and can support himself. They keep delaying in this matter saying, 'Why does it matter for a boy?' Why does it not matter for a boy? Boys should also get married quickly. My experience is that if marriages are done at an early age, then both the men and women stay youthful for a longer period of time. Excerpt from Friday sermon of Jan 19, 2001

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Discussion III

A recent college graduate girl's marriage proposal comes from a handsome doctor from a distant friend of the father. The girl's mother knows the humble background of boy's family so she refuses to accept the proposal. Father says, the family background does not matter as long as the boy is well educated and is a good Ahmadi. Mother insists that she will never marry her daughter in a family of so poor background. What should father do?



"Mother was right... You never take me anywhere!"

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Option 1: Father should overrule and accept the proposal without the consent of the mother.

Option 2: Father should try to convince the mother that it is a good proposal and we should accept it.

Option 3: Father should agree with the mother.

Option 4: Father should ask the daughter and if she agrees, then should try to convince mother but overrule if she still does not agree.

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Guidance from KMIV

There is a bad tradition in our people that they do not like to give their daughters in marriage to a different caste nor they like to take any women from another. This shows a pride and arrogance which is totally against the commandments of Sharia. All human beings are created by God. During the time of marriage proposal, what should be evaluated is only if a person is righteous and possesses good moral qualities and if he or she is not involved in any such problem which can cause trouble later. And remember that Islam does not differentiate between any castes or nations. Its only righteousness which is a standard. Allah Ta'ala says, the best among you is he, who is the most righteous.

(Excerpt from Friday sermon, January 19, 2001)

Translation of the Video

It is related by Abu Hatam (ra) that the Holy Prophet (saw) said that if a person brings a marriage proposal to you that you, and if you like his faithfulness and morals, then accept his proposal and if you don't do so, chaos and disorder will ensue on earth. Someone wanted to ask a question but he repeated it three times that if a person brings a marriage proposal to you that you like his faithfulness and morals, then accept his proposal. So he [the Holy Prophet (saw)] pointed our attention that we should accept the marriage proposal of a person of faith. Even if he is financially weak, it is Allah's promise that if he is steadfastness in faith, he will improve his financial condition. So when the marriage proposals for girls come along, we should not delay that much. Instead if we are satisfied on faithfulness, then we should accept the proposal. Similarly the Holy Prophet (saw) said for the men as well that don't look at the worldly and surface appearance of the girl while deciding to marry. Don't look at her status! Instead, look how righteous she is. So, Abu Hurairah (ra) relates that the Holy Prophet (saw) said that there could be four possible bases to marry a girl; due to her wealth, her family status, her beauty and charm or her religious character but you should prefer religious character. May God bless you and you marry a religious woman". By pointing to this direction, [the Holy Prophet (saw)] has drawn attention of the next generations to be religiously truthful and making home atmosphere peaceful. If the mother is righteous and faithful then generally the children will also be faithful. There is no wealth or any other source of peace better than the righteous and noble progeny. For a righteous person, only noble and righteous children can bring honor. So every Ahmadi should pay attention to this matter.

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Self-analyze yourself

Where do we stand?

- Would you marry your daughter to a taxi driver if he makes enough to comfortably support your daughter?
- Would you allow your son to marry an honest high school graduate rejecting a doctor's proposal?
- Would you be OK if your daughter marries a good Ahmadi boy from a different racial background?

Add the number of 'yes' answers.

(Keep it to yourself... the "score" is for you!)

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Bring about pious changes in yourself

Combined Score

0 — 1-2 — 3

0	1-2	3
Try to align your thinking to true Islamic teachings and pray hard seeking knowledge and wisdom.	Continue to be strong in your faith and keep praying from God to help you overcome any vain reservations.	Stay strong in faith and inspire people around you with your ideas and thoughts.

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Health Topic
Oral and Dental Health

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Healthy mouth = Healthy body

- **Taking care of your teeth isn't just about having a nice smile and pleasant breath. Recent research has found a number of links between Oral and Overall Health**
- **Sugar-laden diet will contribute to tooth decay and gum problems**
- **Smoking (cigarettes/cigars other tobacco) can cause gum disease, tooth decay and oral cancer**
- **Drinking alcohol can contribute to oral problems indirectly by resulting in a dehydrated mouth, which can allow bacteria to run rampant**
- **Changes in weight. For those who wear dentures, changes in body weight tend to affect the way dentures fit. To help maintain a healthy weight and fight tooth decay, the ADA advises people to eat a diet rich in high-fiber fruits and vegetables**
- **Medication There are 200 to 400 medications, prescription or OTC that have the side effect of drying up saliva. Dry mouth is prone to gum disease and tooth decay, as well as bad breath."**

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Conditions linked to oral health

- **Endocarditis is** an infection of the inner lining of your heart (endocardium). It can occur when germs from your mouth and other parts of body travel by bloodstream and attach to damaged areas in your heart
- **Cardiovascular disease.** Heart disease and stroke might be linked to the inflammation and infections that oral bacteria can cause
- **Pregnancy and birth** Periodontitis has been linked to premature birth and low birth weight
- **Diabetes** Gum disease appears to be more frequent and severe among people who have diabetes. Research also shows that people who have gum disease have a harder time controlling their blood sugar levels
- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS
- **Osteoporosis** causes bones to become weak and brittle — may cause periodontal bone loss and tooth loss
- **Alzheimer's disease.** Tooth loss before age 35 might be a risk factor for Alzheimers
- **Sjogren's syndrome** — an immune system disorder that causes dry mouth and possibly oral disease

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How can I protect my oral health?

- **Practice good oral hygiene every day**
- **Brush your teeth at least twice a day**
- **Floss daily**
- **Eat a healthy diet and limit between-meal snacks**
- **Replace your toothbrush every three to four months or sooner if bristles are frayed**
- **Schedule regular dental checkups**
- **Also, contact your dentist as soon as an oral health problem arises. Remember, taking care of your oral health is an investment in your overall health.**



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Majlis Ansarullah Monthly Meeting

Dec 2016

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AGENDA

- Recitation of the Holy Qur'an (3:32)
- Pledge
- Reminders: Recitation of Holy Qur'an and Congregational Prayers
- Monthly topic: Are we honoring our relationship with the Promised Messiah (alaihissalam)?
- Health topic: Men's Health
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

THE HOLY Qur'an IS HAKAM and MUHAIMIN

The Holy Qur'an is so glorious that none other can excel in its glory. It *is Hakam*, the one whose judgment is ultimate; it is *Muhaimin,* a compendium of all guidance. Therein is found every argument which one may require. It is the book which has scattered the defeat the very core of enemy's might. A Book which covers everything in depth and contains the news of what was and what is to be. Falsehood can attack it not from the front and nor from the rear. It is the very light of God Almighty.

(Roohani Khaza'in, Vol 16, Page 103)

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Watching Our Congregational Salat!

Prayers with 2 Other Men are Better than One

The Prophet (saw) said: "The prayer of a man with another man is better than his praying alone, and the prayer of a man with two other men is better than his praying alone or with only one other man, and the more people there are, the more beloved it is to Allah."

(*Sunan al-Nasa'i* and *Sunan Abi Dawud*)

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Are we giving precedence to our relationship with the Promised Messiah (alaihissalam) over worldly affairs?

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Click to listen the recitation

[3:32] Say, 'If you love Allah, follow me: then will Allah love you and forgive you your faults. And Allah is Most Forgiving, Merciful.'

قُلْ إِنْ كُنْتُمْ تُحِبُّوْنَ اللّٰهَ فَاتَّبِعُوْنِيْ
يُحْبِبْكُمُ اللّٰهُ وَيَغْفِرْ لَكُمْ ذُنُوْبَكُمْ ۭ
وَاللّٰهُ غَفُوْرٌ رَّحِيْمٌ ﴿٣٢﴾

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According to this verse, loving Allah and following the Holy Prophet (may peace and blessings of Allah be on him) is necessary. Why do you think, it is important to show a relationship of love and obedience with the Promised Messiah (alaihissalam)?

Share your thoughts

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Guidance from Hazrat Musleh Mau'ud (ra)

The Promised Messiah (alaihissalam) says,

'Now rush towards me because this is the time that he who runs toward me now is like the one who gets on board the ship right at the time of a storm. But if someone does not accept me, I see that he is throwing himself into a storm and has no means of saving himself. I am a true intercessor as a shadow and reflection of that exalted intercessor, who was not accepted by the ignorant people of that age and who was gravely insulted, that is Hadrat Muhammad, the Chosen one, may peace and blessings of Allah be upon him.

(Dafi'ul-Bala'. Ruhani Khaza'in, vol. 18, p. 233)

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Discussion I

After coming back from the Promised Messiah Day celebration at the Mosque, your 15 years old son questions why it is important to show love and devotion to the Promised Messiah (alaihissalam) while so much misery, corruption and poverty is in the world today. He thinks our priority should be to help poor and needy instead of showing our love for the Promised Messiah. How do you respond to him?



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Option 1: You should agree with him.

Option 2: You should strongly disagree with him and read to him the 10th condition of Bai'at.

Option 3: You should tell him that showing devotion to the Promised Messiah (alaihissalam) and trying to help poor and needy is the same thing.

Option 4: any other response

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Guidance from the Promised Messiah

The Promised Messiah (alaihissalam) says, '…Remember that God the Almighty likes good deeds very much, and He desires that sympathy be shown for His creation. If He desired harm, He would have directed us to be bad; but the Majesty of God is free from this. Therefore, all of you who have established a relationship with me should remember that you should show compassion for everyone regardless of their religion; and be good to all without any discrimination because this is the teaching of Holy Qur'an. Those captives and prisoners [at the time of the Prophet (sa)] were mostly non-believers. Now, you can see the scope of kindness in Islam. In my opinion, perfect moral teaching is not found anywhere except in Islam.'

(Malfuzat, new ed., vol. 4, pp. 218)

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Discussion II



You have a friend who is under Tabligh. Once you share with him the Bai'at form. When he reads the 10th condition of Bai'at, he stumbles and questions why this is necessary. How do you respond?

10th condition of Bai'at: That he/she shall enter into a bond of brotherhood with this humble servant of God, pledging obedience to me in everything good for the sake of God, and remain faithful to it until the day of his/ her death. That he/she shall exert such a high devotion in the observance of this bond as is not to be found in any other worldly relationship and connection that demand devoted dutifulness.

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Option 1: You tell him that this is necessary because the meaning of Bai'at is to accept the Promised Messiah (alaihissalam).

Option 2: You agree and tell him it is not very important, that is why it is the last condition.

Option 3: You tell him that it is not the condition put forward by the Promised Messiah but by the Holy Prophet (saw) himself.

Option 4: any other response.

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Guidance from the Holy Prophet (saw)

Prophet Muhammad (saw) said, He who dies in a condition that he has not recognized the Imam of the age dies a death of ignorance.

Musnad Ahmad Bin Hanbal. Vol.4, Pg.96

Prophet Muhammad (saw) said, When you hear the advent of the Mahdi then enter into his fold even if you have to walk on snow by crawling and creeping to reach him.

Kanzul Ummal; also footnotes to Musnad Ahmad Bin Hanbal. Vol.6, p.29-30

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Discussion III

During a dinner table discussion at the Mosque, Ansar are talking about the need of reading the books of Promised Messiah (alaihissalam). One Nasir said he hardly finds time to read the Holy Qur'an so he is unable to read Promised Messiah's books. Another Nasir said its OK not to read the books, as long as he reveres Promised Messiah in his heart. Is this Nasir's point of view correct?



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Option 1: Yes, because obedience and devotion to Promised Messiah (alaihissalam) does not require reading of his books.

Option 2: No, because unless you know what Promised Messiah said, you can not show full obedience.

Option 3: Yes, because if you are able to read the Holy Qur'an, that should suffice as Promised Messiah only said what's in the Qur'an.

Option 4: No, its important to read his books to understand the Holy Qur'an.

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Guidance from Huzoor (aba)

The written works of the Promised Messiah (alaihissalam) are widely available on our web site and can be accessed whenever one wants. It is also translated in major languages of the world. It is important to understand the commentary and elucidations of the Promised Messiah of the Holy Qur'an and Sunnah. It is important to study these as they are widely available and no one has any excuse not to.

(Excerpt from Friday sermon, October 9, 2015)

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Translation of the Video

If a person truly recognizes and understands the religion, he will do the religious work with passion of love and sincerity. So Hazrat Masih Maud (alaihissalam) expects from us that after doing his Bai'at, we increase this passion. Unless this zeal of obedience and sincerity and this relationship is not there, his guidance will not have any effect. And there will be no effort to act upon his guidance. Hence if you want to follow his guidance, you have to follow his words, you will have to be sincere about your Bai'at and raise the standards of obedience, sincerity and allegiance. Can an Ahmadi even imagine that Hazrat Masih Maud may have said anything against the teachings of the Holy Qur'an and Sunnah? Certainly not! If so, then every Ahmadi needs to understand that Ma'roof obedience means complete obedience with the highest level of love and sincerity. Complete obedience is only possible if every order of the person who is being obeyed is pursued and sought after. So it is incumbent upon us to understand the expectations that the Promised Messiah has from us and the advices he has given us and try to act upon them. Otherwise it will only be a claim that we obey him in every matter. If we don't even know his advices, then what is the meaning of obedience? What is being obeyed? So, when we become Ahmadi, it is a must that we increase our knowledge. This relationship that we have established in the way of Allah, we should expand this relationship to receive Allah's acceptance and sincerely mold our lives accordingly.

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Self-analyze yourself

Where do we stand?

- During the last week, how many times did you ponder over any of the conditions of Bai'at?
- How many days did you read a small portion of any of the books of Promised Messiah (alaihissalam)?
- How many times did you read or listen to Dars of Malfuzat?

Add the three numbers together.

(Keep it to yourself… the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ← Combined Score → >7

Keep striving hard to strengthen your relationship with Promised Messiah and start reading his books.	Keep reading Promised Messiah's books regularly and try putting that knowledge in practice	Continue to strengthen your relationship with the Promised Messiah and inspire your family as well

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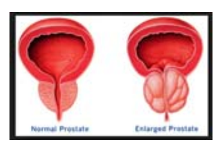


Health Topic: Men's Health

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The Prostate

- The prostate gland is about the size of a walnut. It is part of the male reproductive system and wraps around the tube that carries urine out of the bladder
- It grows larger as you get older. If your prostate gets too large, it can cause health issues
- Having prostate problems does not always mean you have cancer



The Prostate Problems

- **Benign prostatic hyperplasia (BPH)** means that the prostate is enlarged but it is not a cancer. It is very common in older men
- **Prostate Cancer** is common among American men. Risk Factors include
  Age. Men age 50 and older
  Race *M*ost common among African-American men.
  Family history. Increased risk If your father or brother has had prostate cancer
  Diet Eating high-fat food with few fruits and vegetables may raise your risk
- **Watch for these symptoms and seek care with your doctor**
  Frequent urge to urinate
  Need to get up many times during the night to urinate
  Blood in urine or semen
  Painful or burning urination
  Not being able to urinate
  Painful ejaculation
  Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs
  Dribbling of urine

How To Manage?

- ***Treatment for prostate*** cancer depends on whether cancer is in part or all of the prostate or if it has spread to other parts of the body
- It also depends on your age and overall health
- ***Watchful Waiting or Active Surveillance***. If the cancer is growing slowly and not causing problems, you may decide not to treat it right away
- ***Surgery***. There are different types of Surgical options
- ***Radiation Therapy*** Talk to your doctor about possible side effects
- ***Hormone Therapy*** can also be used for prostate cancer that has spread beyond the prostate (Metastatic Cancer)

Majlis Ansarullah Monthly Meeting

Jan 2017

AGENDA

- Recitation of the Holy Qur'an (49:12-13)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: How not to interfere negatively in our Children's marital lives?
- Health topic: Adult Vaccination
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur'an regularly?

Fruit without Fragrance

Abu Musa Ash'ari relates that the Holy Prophet (saw) said: The case of a believer who recites the Qur'an is that of fruit which is fragrant and delicious; and the case of a believer who does not recite the Qur'an is that of fruit which has no fragrance but is sweet to the taste; and the case of hypocrite who does not recite the Qur'an is that of a fruit which has no fragrance and taste bitter.

Bukhari and Muslim

Watching Our Congregational Salat!

Angels will descend and Join You

According to the following tradition, once a shepherd heard the Holy Prophet (saw) emphasize the superiority of congregational Prayer over the individual Prayer. The shepherd humbly informed him that he spent his time in the desert away from urban settlements at most Prayer times then how could he attend the congregational Prayers? The Holy Prophet (saw) replied, 'Give the call for Prayer in the desert at the Prayer time. If anyone happens to be in the vicinity, he will hear the call and join you. Your Prayer will thus become congregational. If no one joins you, stand up for Prayer and angels will descend from heaven to join you in Prayer.'

(Bukhari)

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How Not To Negatively Interfere in Our Children’s Marital Lives?

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[49:12] O ye who believe! let not one people deride *another* people, who may be better than they, nor let women *deride other* women, who may be better than they. And defame not your own people, nor call *one another* by nicknames. Bad *indeed* is evil reputation after *the profession of* belief; and those who repent not are the wrongdoers.

[49:13] O ye who believe! avoid most of suspicions; for suspicion in some cases is a sin. And spy not, nor back-bite one another.

Click to listen the recitation

يٰۤاَيُّهَا الَّذِيْنَ اٰمَنُوْا لَا يَسْخَرْ قَوْمٌ مِّنْ
قَوْمٍ عَسٰۤى اَنْ يَّكُوْنُوْا خَيْرًا مِّنْهُمْ
وَلَا نِسَآءٌ مِّنْ نِّسَآءٍ عَسٰۤى اَنْ يَّكُنَّ خَيْرًا
مِّنْهُنَّ ۚ وَلَا تَلْمِزُوْۤا اَنْفُسَكُمْ
وَلَا تَنَابَزُوْا بِالْاَلْقَابِ ؕ بِئْسَ الِاسْمُ
الْفُسُوْقُ بَعْدَ الْاِيْمَانِ ۚ وَمَنْ لَّمْ يَتُبْ
فَاُولٰٓئِكَ هُمُ الظّٰلِمُوْنَ ﴿۱۲﴾

يٰۤاَيُّهَا الَّذِيْنَ اٰمَنُوا اجْتَنِبُوْا كَثِيْرًا مِّنَ
الظَّنِّ ۫ اِنَّ بَعْضَ الظَّنِّ اِثْمٌ وَّلَا
تَجَسَّسُوْا وَلَا يَغْتَبْ بَّعْضُكُمْ بَعْضًا ؕ

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These verses which we just heard talk about some common social ills e.g., slandering and spying on each other.

Do these verses teach us anything about avoiding negative interference in our children's marital lives?

Share your thoughts

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Guidance from the Holy Prophet (saw)

Hadith 1: Respect your children and cultivate in them best of manners.

(Ibn Majah)

Hadith 2: The Holy Prophet (saw) said: "The worst of people are those engaged in slandering others, those who ruin relationship between dear ones and who try to find fault with innocent people."

He also warned us that those who unduly pursue the shortcomings of others will have their own faults exposed.

(Tirmizi abwab ul bar wes sulah)

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Your newlywed son and daughter-in-law have been living with you and your wife for the past six months. Things have been going really well. You noticed that your wife and daughter-in-law are getting along great which is why you were shocked to hear from your son that they have decided to move out. You and your wife are devastated to hear this. What you should do?

Discussion I



"You can't just move out and leave me here with your father."

Option 1: Welcome their decision and offer your support towards their move. Tell your wife to trust in their decision.

Option 2: Hold a meeting between the four of you to find out why they want to leave and work out a way to make it better.

Option 3: Remind your son of his responsibility to the care of his parents, which is why he needs to remain here.

Option 4: any other response

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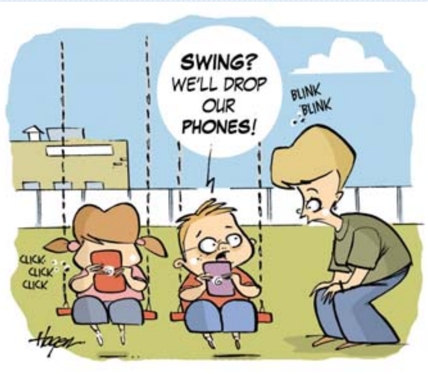
Guidance from Khalifatul Massih I (ra)

“In India, people talk about the rift in their household especially between mother in law and daughter in law. If they abide by the teachings of the Holy Qur’an, this will not be the case. Look there is a commandment that the household should be separate. Mother in law’s residence is separate and married children’s house is separate.”

(Haqaiq ul Furqan, volume 3, page 233)

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Discussion II



While spending a month at your daughter’s home, you notice your 13-year old grandson is <u>always</u> on his smartphone. You take quick glances from time-to-time and it seems he’s playing games, but you’re not absolutely certain. It also seems that he is missing his prayers. You raise your concerns with your daughter. She explains to you that things are different nowadays, but assures you that she and your son-in-law are “on top of things.”

What's the best approach?

Option 1: You've done your job. Now all you can do is pray for your daughter's family.

Option 2: Talk to your son-in-law in private. Share your fears with him and how you don't want to see your grandson's life wasted.

Option 3: Share your concerns with the local Murabbi. Maybe your daughter and son-in-law will listen to him.

Option 4: any other response.

Guidance from Khalifatul Massih IV (ra)

According to the definition of guardian (Qawwam) which Hazrat Promised Messiah (alaihissalam) has done, the first and foremost responsibility falls on men to keep the atmosphere of home pleasant. And this responsibility does not mean that he forces family members to do what he expects. Rather, Hazrat Promised Messiah has explained that this responsibility means that he brings pious changes in himself. I have come across this meaning of guardian, first time. Usually, the meaning of guardian is presented in such a way which implies that he (the man of the house) is a dictator over woman and he can have her do whatever he wants to do with force and coercion. The explanation of Promised Messiah is totally opposite to that.

Khutbaat-e-Tahir, vol. 5, page 116, Friday Sermon, Feb 7, 1986

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Discussion III

Your wife lets out a loud scream from the kitchen. You run to her and find her standing on a chair. She claims to have seen a mouse! For the past year, your wife has been complaining how your daughter-in-law doesn't clean up the kitchen after cooking. She leaves dirty dishes in the sink overnight and sweeps the floor only occasionally. Your wife has tried to explain to her how to keep the home tidy but nothing's changed.



"What a lot of fuss, fancy being afraid of an 'itsy – bitsy' little mouse like this!"

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What's the best approach?

Option 1: Tell your son and daughter-in-law about your frustrations. Tell them they need to change their habits and pay for an exterminator.

Option 2: Suggest to your son in private that it's time your son's family move out and find their own place.

Option 3: Tell your wife to be patient with your daughter-in-law and call an exterminator.

Option 4: Another option?

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Guidance from Huzur (aba)

The advent of the Promised Messiah (alaihissalam) took place to remove all animosities and to replace them with love and to attract those who were 'lost' towards God with gentleness and forbearance. This is a great objective for each Ahmadi and none can fulfil it until they rid themselves of their egocentric tendencies. If we do not have gentleness and courtesy in our homes how could we show the way to others for we would be lost ourselves! Each Ahmadi should reflect over themselves and their homes and contemplate if they have unconsciously drifted away from the teachings of the Promised Messiah. Both men and women should self-reflect; in addition both sides of in-laws should self-reflect for it could be the fault of either side although usually it is the male side that commits the excesses.

Friday sermon delivered on November 10, 2006

MAJLIS ANSARULLAH USA

Translation of the Video

Recently, I asked Ameer Sahib [UK] that so many cases of marital conflicts have started to trickle in so analyze to see how often are the girls at fault and how often are the parents of both sides are responsible for complicating the matters. According to the analysis, if in one case girl is at fault, then approximately in three cases boys are at fault. That means more problems are due to excesses by boys. And approximately 30 to 40 percent of the time, in-laws on both sides are complicating the matters. Even here, parents of girls are less responsible and boys' parents, in an attempt to assert their ownership rights, utter such statements, which makes girls angry and they go back to their parents' homes. This practice is wrong. This is a boy's responsibility to serve his parents but he should also give his wife her due rights. When boys do so, then wives usually take excellent care of husband's parents. By the Grace of Allah, there are several examples in our Jama'at where parents in-laws trust their daughters in-law more than their own children. So it is not the case that God forbid, piety and good morals no longer exist in our Jama'at. By the Grace of Allah, majority of our Jama'at members are steadfast on righteousness. But when a few bad examples come up, they cause a source of worry as to why even this happens. The analysis, which have been done here, if it is done in Canada, America or in European Jama'ats, that will paint almost a similar picture. Therefore, there is a dire need for Tarbiyat departments of all Jama'ats to mobilize at all levels i.e., at Jama'at level as well as at auxiliaries level.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last month,

- How many times did you complain to your wife about your son-in-law, daughter-in-law or your parents-in-law?
- How many times did you hear complaint from your wife about your son-in-law, daughter-in-law or your parents?

Add the three numbers together.

(Keep it to yourself... the “score” is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

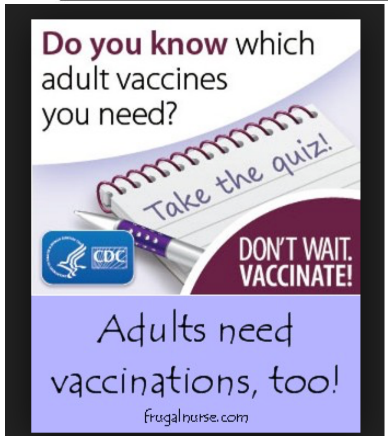
Bring about pious changes in yourself

How to Improve?

0 — Combined Score — >3

That’s great. Keep praying that May Allah Ta’ala keep you away from complains	Try to evaluate a complaint objectively and resolve that in the light of the teachings of the Holy Qur’an	Pray hard and strive for reducing the future complaints. Try to resolve the current issues compassion.

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Health Topic: Adult Vaccination

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Do Adults Need Vaccines?



- *Adults need vaccinations* to protect themselves and their loved ones from serious diseases and their complications
- The specific vaccines needed are determined by factors such age, job, lifestyle, health conditions, travel, and previous vaccination history
- You can get vaccines at doctor's offices, pharmacies, workplaces, community health clinics, health departments, and other locations
- Most insurance plans will cover vaccination without extra cost

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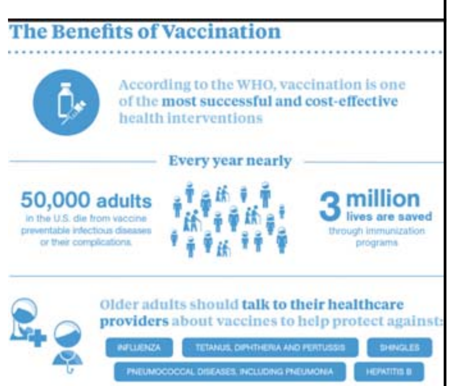
What Vaccines do You need?

- Seasonal Flu Vaccines for all adults
- Pertussis or Whooping Cough
- Tetanus and Diphtheria Vaccines, every ten years following Tdap
- Shingles for Adults older than 60 years
- Pneumococcal Vaccine for adults over 65 and some under 65 with some medical conditions
- Other Vaccinations may include those against meningitis, Hepatitis A&B, Chicken Pox, Measles, Mumps and Rubella
- Special Vaccines related to International Travels
- There is no vaccines against Malaria to this day

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Benefits of Vaccines

- Immunity Wanes over time - We need boosters
- With increasing age, we are more susceptible to serious diseases by common infections such as Shingles, Flu, Pneumonia
- Vaccines may prevent Hospitalization
- May prevent Chronic Pain such as that associated with Shingles
- May prevent serious medical complications
- Prevents lost wages and time from work
- May save your family members who are at risk - Elderly, pregnant and immunocompromised
- Prevent Epidemics



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Majlis Ansarullah Monthly Meeting

Feb 2017

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AGENDA

- Recitation of the Holy Qur’an (4:59)
- Pledge
- Reminders: Recitation of the Holy Qur’an and Congregational Prayers
- Monthly topic: Are we giving our advices with absolute honesty and sincerity?
- Health topic: Regular Health Exam
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

Recitation of the Holy Qur'an attracts Mercy

Hazrat Abu Hurairah relates that the Holy Prophet (saw) said: whenever people gather together in of the houses of Allah for recitation of the Qur'an and teaching it to one another, comfort descends upon them, mercy covers them , angles spread their wings over them and Allah make mention of them to those around him.

Muslim

Watching Our Congregational Salat!

<u>Combining Prayers or Not Offering Congregational Prayers</u>

Not offering Salat in mosque or combining Salat becomes that much more perilous on a communal level when we note that children are losing the significance of congregational Salat and some even say that Salat is offered three times a day (due to combining). Urgent reflection and planning is required everywhere in this regard otherwise this could become a communal ill for our next generation! And one ill leads to another and faith remains all but in name with its spirit lost. There is great need to make endeavors to avoid spiritual illness.

[Friday sermon of Khalifatul Masih V (aba), February 13, 2015]

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Are We Giving Our Advices With Absolute Honesty and Sincerity?

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Click to listen the recitation

[4:59] Verily, Allah commands you to make over the trusts to those entitled to them, and that, when you judge between men, you judge with justice. And surely excellent is that with which Allah admonishes you! Allah is All-Hearing, All-Seeing.

إِنَّ اللّٰهَ يَأْمُرُكُمْ أَنْ تُؤَدُّوا الْأَمٰنٰتِ إِلٰٓى
أَهْلِهَا ۙ وَإِذَا حَكَمْتُمْ بَيْنَ النَّاسِ أَنْ
تَحْكُمُوْا بِالْعَدْلِ ۭ إِنَّ اللّٰهَ نِعِمَّا يَعِظُكُمْ
بِهٖ ۭ إِنَّ اللّٰهَ كَانَ سَمِيْعًاۢ بَصِيْرًا ﴿٥٩﴾

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What does this verse teach us about giving honest advices and sincere opinions?

Share your thoughts

Guidance from the Holy Prophet (saw)

The Holy prophet (saw) said that one who is consulted is a trustee and one whose seeks his consultation and he gives it to him without due integrity betrays him.

(Musnad Imam al-A'zam)

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Discussion I

You're a respected and successful doctor in your Jama'at. A fellow Nasir calls you one evening. His son is struggling in high school and lacks direction regarding his future. The Nasir pleads with you to let his son know about all the great things about being a doctor and to convince him to pursue medicine. What you should do?



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Option 1: You should call his son and let him know about how the medical profession helped you financially as well as made you better able to serve the Jama'at.

Option 2: You should tell the father that you are not a career planner and you feel you are not qualified to advise his son.

Option 3: You should tell the father that you will talk to his son, but you may not necessarily advise his son to become a doctor.

Option 4: any other response

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Guidance from Hazrat Khalifatul Masih IV (rh)

Hazrat Khalifatul Masih IV (rh) said,

Hazrat Jabir (ra) narrates that Prophet Muhammad (saw) said that when someone asks his brothers' counsel then it is incumbent upon his brother to give him a sound advice. The one whose suggestion is sought is a trustee. (Sunan Ibn Maja, Kitabul Adab, chapter Almustesharo Momin). So the advice ought to be absolutely honest that emanates from the bottom of your heart and the burden of giving advice be such as if you are carrying a heavy load of trust.

Friday sermon delivered on February 23, 2001

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Discussion II



Ansarullah Shura elections are tomorrow. Your Majlis elects only one member to go to Shura other than the Za'im. The Za'im owns a successful business in the area, which has helped him to employ many of the Ansar there. In previous years, the Za'im's cousin, who is also an employee at the Za'im's business, is elected as the Shura representative. This cousin is a very active Nasir and helps the Za'im out the most with Majlis work. There is also a man in his 50's who has recently immigrated from Ghana. As a taxi driver, he works odd hours and is not well-off. However, he can be found at the mosque whenever he is free. You've noticed that he makes it a point to offer Jumu'ah regularly. Due to language barriers, no one talks with him too much.

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What's the best approach?

Option 1: Nominate the Zai'm's cousin.

Option 2: Nominate the Ghanian brother.

Option 3: Nominate the one whom you believe to be more righteous.

Option 4: Any other response.

Guidance from Huzoor (aba)

Hazrat Khalifatul Masih V (aba) said in a Friday sermon dated March 24, 2006, said representative for the Shura are appointed on the basis of compliance to the system of the Jama'at, financial sacrifice and worship of God. This puts a great responsibility on the members of the Community to appoint representative for Shura on the basis of Taqwa rather than personal friendship or relation. Huzoor (aba) said these people are prospective advisors to the Khalifah therefore much care is needed and those who clearly and evidently appear undeserving or those who seek self-promotion should not be chosen. To the representatives Huzoor (aba) said their responsibility is not just for the two or three days of the Shura conference but for the whole year until the next set of representatives are chosen. Therefore they need to continually self-reflect; they ought to be sincere worshippers of God who stands firm on Taqwa and when no clear guidance is found in the Holy Qur'an or the Sunnah, they seek Allah's guidance through prayer.

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Discussion III

You and your brother-in-law own a very profitable business that has helped provide for both of your families. However, you've always noticed that your brother-in-law sometimes uses the company credit card for personal expenses. More recently, you found that he has been misreporting revenues to reduce the amount of taxes to be paid. You've shared your misgivings with your brother-in-law in the past, but he tells you he knows how small businesses work and this is all okay.

While sitting in the office one day, a government official walks in. He explains to you that the IRS have found major discrepancies in your company's accounting and charges you and your brother-in-law with fraud. What you should do?



"...And as a new client of our law firm, You get this nifty neck brace to wear in Court."

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What's the best approach?

Option 1: Hire a good lawyer. Follow any loopholes he suggests.

Option 2: Hire a good lawyer. But tell him you want to come clean.

Option 3: Hire a good lawyer for yourself. Tell him it's all your brother-in-law's doing.

Option 4: any other response.

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Guidance from Huzoor (aba)

The Promised Messiah (on whom be peace) said regarding honesty: 'Fact is that insight is a good thing, it gives man an inherent understanding about another's honesty. There is courage and valor in honesty while a liar is a coward. One whose life is embroiled in impurity and foulness is always frightened and cannot compete. He cannot express his honesty with courage and valor like a truthful person can and cannot give evidence of his purity.

(Translated from Malfuzat, Vol. 10, p. 252)

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Translation of the Video

Man faces difficulties in worldly and religious matters. If one is steadfast in truthfulness and in Taqwa (righteousness) and is mindful of one's deeds, then with the God's Grace, difficulties will be removed. As Promised Messiah (as) said, that sometimes speaking the truth can practically put one in difficulties, but if one is completely honest then there is no need to fear. Those difficulties will disappear. This does not happen only with the enemies but sometimes speaking the truth to one's own friends can create difficulties. This is because there are people with different dispositions in our own circle. Sometimes there are people with lesser degree of Taqwa in one's circle which is why sometimes one can face difficulties. For example, these days Jama'at elections are taking place in the world and I sometimes get complains from people that after voting, some office holders question the voter why they have voted for certain people. Jama'at elections are such that everyone is free to vote as they see fit and no one has the right to question the voter. If a person votes for someone in all honesty, that he feels is a suitable candidate then no office holder has the right to question that person. If, however a person has some shortcomings, then next time he may not be forthcoming lest his shortcomings and weaknesses get exposed. When a person is weak in Taqwa, then sometimes he expresses, that he is concerned that office holders will harbor resentment against him [for not voting for him]. This is all due to lack of Taqwa and lack in truthfulness. Therefore, it should always be remembered that if one expresses his opinion in all honesty, then honesty and Taqwa demands that he remains worry free. Indeed, he should keep engaged in seeking God's Grace as if God's Grace is there then no one can harm him.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last month

- How many times were you not 100% truthful to give your opinion at work?
- How many times did you not give your 100% honest opinion in a Jama'at meeting?
- How many times did you not give your honest opinion to someone in your family?

Add the three numbers together.

(Keep it to yourself.. the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ← Combined Score → >5

0-1		>5
Keep praying and strive hard to be always honest and truthful at all times.	Pray and strive hard to stay away from any kind of falsehood and dishonesty.	Pray hard for yourself to stay truthful. Make a conscious effort not to lie or be dishonest at next trial.

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Health Topic: Men's Health

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Health Topic: Annual Health Examination

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What is Annual Physical Examination?

- An Annual Health Examination aims at periodically assessing an individuals general health status; It is also called **PERIODIC HEALTH EXAMINATION**
- It is a source of reassurance and an alarm system to detect conditions in early stages
- Periodic Health Examination may require more than one visit to your doctor
- Periodic Health Examination will consist of History, Physical Examination, blood test, EKG, Imaging and selected screening tests
- Most insurance will pay for Annual or Periodic Health Examination
- Many Screening Programs begin around age 40

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What to Expect?

- The most important part is the HISTORY
- Personal Health History, Family History, Smoking, Drinking, lifestyle, Exercise, Nutrition, Social History, Vaccination Status
- Be Proactive with good written information at hand
- Be truthful and do not hide pertinent medical information from your physician. Your health belief is also very important
- **Physical Examination** - Blood Pressure, Heart & Lung Examination, Eyes / Vision, Ear / Hearing, Urinary and Digestive Systems, Skin and Neurological Examination, Muscle and Joints, skin examination
- Review of your medicines and major changes in your health status

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How to get an Annual Exam?

- You may arrange an Annual Health Examination through your family physician
- May be **arranged** through your employer or **may be required for your job**
- **LAB WORK** - Typically will consist of total blood counts (CBC). Glucose (for Diabetes) kidney function tests, cholesterol (lipid panel), routine urine test, may need EKG, Chest X-Ray, TB Skin Tests
- May also include **Vision and Hearing Tests**
- Screening Test for **COLON CANCER beginning at age 50 or sooner (Stool test or Colonoscopy)**
- **Prostate Cancer Screening - Discuss with your doctor if you have any urine symptoms or concerns**
- **May need referral to specialists for initial or follow up of test results**

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Majlis Ansarullah Monthly Meeting

March 2017

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AGENDA

- Recitation of the Holy Qur’an (2:139, 6:83)
- Pledge
- Reminders: Recitation of the Holy Qur’an and Congregational Prayers
- Monthly topic: How to prepare ourselves and our families to differentiate between cultural and Islamic values to ward off peer pressure?
- Health topic: Living with Diabetes
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

Holy Qur'an teaches the best prayers

Apart from the Holy Qur'an, what book is there at the very outset which has taught its readers a prayer like 'Guide us to the right path, the path of those on whom Thou has bestowed Thy blessings', and has thus held out to them a great hope, namely, the hope of the way being shown to them to the attainment of those blessings which were bestowed on those who were of the Prophets, the Sadiqeen, the Shohada', and the Saliheen. Therefore, elevate your resolve, and do not reject this invitation of the Qur'an when it calls you to work for the attainment of the blessings given to the earlier people.

(Our Teaching, page 21)

Watching Our Congregational Salat!

Salat Centers

Many Ahmadis living in the Western countries live 15-20 miles from Masjid, but still make the effort to go to Masjid to offer Salat in congregation. If everyone who possesses a car utilizes it for worldly matters, uses it for gaining God's pleasure, then the purpose of these vehicles will become the service of Islam and the individual will gain both worldly and religious rewards. Wherever it is not possible to go to Masjid, a few Ahmadis living close by should organize to get together in one home to offer prayers in congregation. And those Ahmadis living in isolated areas should make arrangements within the household to offer prayers in congregation with family members. The children will also learn the importance of Salat in this manner. Such arrangements will also safeguard the children from getting involved in other activities outside the home.

(Friday sermon of Hazrat Khalifatul Masih V (aba), June 22, 2012)

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How to prepare ourselves and our families to differentiate between cultural and Islamic values to ward off peer pressure?

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Click to listen the recitation

[2:139] *Say, 'We will adopt* the religion of Allah; and who is better than Allah in *teaching* religion, and Him alone do we worship.'

صِبْغَةَ اللّٰهِ ۚ وَمَنْ اَحْسَنُ مِنَ اللّٰهِ صِبْغَةً ۫
وَّنَحْنُ لَهٗ عٰبِدُوْنَ ﴿۱۳۹﴾

[6:83] Those who believe and mix not up their belief with injustice — it is they who shall have peace, and who are rightly guided

اَلَّذِيْنَ اٰمَنُوْا وَلَمْ يَلْبِسُوْٓا اِيْمَانَهُمْ
بِظُلْمٍ اُولٰٓئِكَ لَهُمُ الْاَمْنُ وَهُمْ
مُّهْتَدُوْنَ ﴿۸۳﴾

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What do these two verses teach us about the topic i.e., mixing religion with culture or being affected by peer pressure?

Share your thoughts

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Guidance from the Promised Messiah

Beware! Having seen other nations, how they have attained a considerable measure of success in their worldly plans, you should not wish to follow in their footsteps. Listen carefully and take heed that they are aliens to and unmindful of that God who calls to all towards Himself. What is their god but a frail human being, this being the reason why they have been left in such a complacent error. I do not wish to stop you for striving for worldly good, but you should not follow the ways of those who think this present world is all in all.

(Our Teaching, page 13)

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Discussion I

You have just received your income tax refund and your daughter reminds you that the family is due for a new TV. You argue that the TV you have is only three years old and, with the MTA dish, it meets the family's needs. Your daughter, on the other hand, says there are now 3D, Hi-Definition and Smart TVs that will be compatible with future technologies.



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What's the best approach?

Option 1: Tell your daughter to research which TV is best to purchase, which will best serve the future.

Option 2: Tell your daughter if she really wants a new TV, she's got to chip-in 50% for it.

Option 3: Convey to your daughter that the current TV is adequate. There is more blessing if the tax return goes towards one of the Jama'at's funds.

Option 4: any other response

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Guidance from the Promised Messiah

The remarkable material progress of the current age has been more than counterbalanced by its deplorable spiritual decline, to the extent that the souls of men have lost their ability even to grasp obvious truths. It is apparent from a close study of humanity that a hidden and formidable force is pulling it downwards, and man is swiftly being dragged into a pit which is termed Asfalus Safilin (the lowest of the low). Such a complete change has come over the intellects of men that they have come to admire and praise things which are abhorrent and detestable to the spiritual eye. Pure truths are laughed at and ridiculed, and complete submission to God is looked upon as an absurdity.

How to be free from sin, by Promised Messiah (alaihissalam)

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Discussion II



Your daughter's first grade class is holding a Halloween party during school where all the students are invited to wear costumes. Your daughter innocently asks you if she can dress as one of the Disney princesses for the Halloween party. Her friends are also going as Disney princesses.

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What's the best approach?

Option 1: Allow her to participate this year as a princess as she desires.

Option 2: Have her miss the day of school.

Option 3: Send her in with normal school attire.

Option 4: any other response.

Guidance from Huzoor (aba)

We are fortunate to belong to the Jama'at of the Promised Messiah (on whom be peace) and traditions which are devoid of any wisdom should not have any impact on us. However, we too are not completely safe. People with different viewpoints enter the Jama'at and some newcomer scholars interpret matters according to their own mind-set. Of course it is not forbidden to do so; however, there are some principles which need to be followed in this regard. In order to avoid promoting any erroneous concept scholars should express their views in subordination of Khilafat. With the grace of God our Jama'at is generally free from such issues but there is need to be constantly aware of this.

Friday sermon, February 13, 2015 by Hazrat Khalifatul Masih V (aba)

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Discussion III

While shopping with your family at the mall, you run into one of your female co-workers with her husband. She is surprised to see you and immediately rushes up to you to give you an innocent hug.



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What's the best approach?

Option 1: Greet her the same way back.

Option 2: Just shake her hand and hold your arm firm, so that she remains at arm's length.

Option 3: Explain to her right then and there that you are not comfortable greeting her in this manner.

Option 4: Another option?

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Guidance from Huzoor (aba)

Hazrat Khalifatul Masih V (aba) in a Friday sermon dated October 29, 2010 said,

The Promised Messiah (on whom be peace) wrote in his book 'Al Wasiyyat' (The Will): 'God Almighty desires to draw all those who live in various habitations of the world, be it Europe or Asia, and who have virtuous nature, to the Unity of God and unite His servants under one Faith. This indeed is the purpose for which I have been sent to the world. You, too, therefore should pursue this end, but with kindness, moral probity and fervent prayers.' [The Will, pp. 8 – 9] Huzoor said it is the obligation of Ahmadis that in understanding this message they become helpers of the Imam of the age and endeavor to establish Unity of God with their each word and deed.

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Translation of the Video

Due to some harmful innovations [in religion] and some wrong traditions Shirk has entered [the religion]. Not only hidden Shirk but also sometimes we can see the obvious Shirk as well. However, according to His promise, Allah Ta'ala has sent the Imam of the age to safeguard Islam from this Shirk and such innovations. And Insha'allah, this [Islam] will remain safe. About pointing out these harmful innovations, which have entered in Islam and in Muslims and their wrong traditions, the Promised Messiah (as) says, "our way is exactly the same as that of the Holy Prophet (saw) and his companions. These days, ascetics have introduced many harmful innovations, like *Chillas, Waza'if or Dikrs*, which I dislike. The correct way of Islam is to read the Holy Qur'an with deliberation, and act on it, and to offer Salat with reflection and to keep praying from God. Its only the Salat which can take [us] to the status of *Mi'raj*. If you safeguard Salat, then you have everything". So let alone ordinary harmful innovations, the Promised Messiah (as) even considered involving too much in incantation (*Saza'if/Wirds/Dikrs*) as harmful innovation. This is because such practices make one forgetful of the spirit of worship, which is Salat, and *Waza'if* and *Wirds* take over.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last month

- How many times did you give preference to a TV show over Salat?
- How many times did you participate in a work ritual not appropriate for an Ahmadi Muslim?
- How many times did you participate in a family ritual not appropriate for an Ahmadi family?

Add the three numbers together.

(Keep it to yourself… the “score” is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ← Combined Score → >5

0-1		>5
Continue to stay strong in not involving yourself in any non-Islamic cultural practices at work or at home	Keep praying and strive to be able to differentiate between Islamic and cultural practices to stay away from them	Pray and strive hard for strength and make an effort not to participate in a non-Islamic ritual at the next opportunity

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Health Topic: Living well with Diabetes

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What is Diabetes Mellitus

- **Diabetes Mellitus** is a metabolic disorder causing abnormal increase in blood sugar
- **Type 2 Diabetes** is the most common form and is usually seen in older adults
- **Type 1 Diabetes** is more commonly diagnosed in children and young adults
- **In Type-2,** the body uses insulin inefficiently causing your sugar to rise (Insulin resistance)
- Common symptoms of diabetes - Some people may not have significant symptoms at all

  Frequent urination
  Feeling very thirsty
  Feeling very hungry - Increased appetite
  Weight loss - even though you are eating more (type 1)
  Extreme fatigue
  Blurred vision
  Cuts/bruises that are slow to heal
  Tingling, pain, or numbness in the hands/feet (type 2)

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Complications of Diabetes

- Skin Complications
- Eye Complications
- Neuropathy
- Foot Complications
- Kidney Disease
- High Blood Pressure
- Stroke
- Gastroparesis
- Heart Disease
- Diabetic Ketoacidosis (DKA) mostly in Type 1 Diabetes
- Hyperosmolar Hyperglycemic Nonketotic Syndrome (HHNS)
- Mental Health

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How do I manage Diabetes?

- **Choosing what, how much, and when to eat**. You need to make some changes, but you have flexibility with the menu
- **Being active** is the most important part of managing diabetes. Aerobic activity in particular is vital to managing diabetes
- **Weight Loss** will help improve your sugar blood pressure and cholesterol and contribute to overall wellbeing in diabetes
- **Medicines** will to help to keep your blood glucose in your target range
- **Monitoring blood glucose** will help you manage your diet, activity and medicines
- Join a support group; www.diabetes.org is an excellent resource

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Majlis Ansarullah Monthly Meeting

April 2017

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AGENDA

- Recitation of the Holy Qur'an (41:34)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: Have we fulfilled our responsibility to spread true Islam's message to the world?
- Health topic: High Cholesterol
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur'an regularly?

Blessings of reciting the Holy Qur'an

Hazrat Abu Umamah relates that he heard the Holy Prophet (saw) say: keep reading the Holy Qur'an for it will intercede for its readers on the Day of Judgment.

(Muslim)

327

Watching Our Congregational Salat!

Teach Your Children to Offer Congregational Prayers

Hazrat Khalifatul Masih II (ra) writes: In my opinion there is no enemy of the children greater than those parents who do not teach the children to offer their prayer in congregation.

[Friday sermon of Hazrat Khalifatul Masih V (ABA), October 24, 2014.]

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Have we fulfilled our responsibility to spread true Islam's message to the world?

329

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Click to listen the recitation

[41:34] And who is better in speech than he who invites *men* to Allah and does good works and says, 'I am surely of those who submit?'

وَمَنْ اَحْسَنُ قَوْلًا مِّمَّنْ دَعَآ اِلَى اللّٰهِ
وَعَمِلَ صَالِحًا وَّقَالَ اِنَّنِيْ مِنَ
الْمُسْلِمِيْنَ ﴿٣٤﴾

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How do you feel in taking part of spreading the message of Islam i.e., doing Tabligh?

Share your thoughts

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Guidance from the Holy Prophet (saw)

Hazrat Masih Maud (alaihissalam) said: I have myself had full experience in this way and having with the Grace and Blessings of Allah befitted from this pleasure and comfort, have this desire that for the sake of devoting life in the way of Allah, if I die and then be brought back to life, each time my devotion will increase with a certain pleasure. Thus, as I myself am experienced and have sampled this dedication, Allah the Almighty has gifted me with such zeal that even if I am told that there is no reward or benefit in this dedication of life, instead there is only hardship and sorrow, even then I cannot stop serving Islam.

(Al Hakam, Vol. 4 August 31, 1900)

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Discussion I

The local missionary visits the masjid and again urges members to become active in Tabligh. You self-reflect and you're troubled by your own laziness towards Salat as well as lack of Islamic knowledge.



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What's the best approach?

Option 1: This is a wake-up call for you. Focus for the next month on not missing any Salat and reading Holy Qur'an daily.

Option 2: Make an extra effort to be the best Ahmadi Muslim you can be. Focus on letting your friends see it through your good behavior.

Option 3: While you should always strive for righteousness, Tabligh needs to be a routine effort. Make it a point each week to go out on the streets and spread the message of Islam Ahmadiyya.

Option 4: any other response

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Guidance from the Promised Messiah

The Promised Messiah (on whom be peace) stated: 'God Almighty desires to draw all those who live in various habitations of the world, be it Europe or Asia, and who have virtuous nature, to the unity of God and unite His servants under one Faith. This indeed is the purpose of God for which I have been sent to the world. You, too, therefore should pursue this end, but with kindness, moral probity and fervent prayers.'

(The Will, pp 8 – 9)

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Discussion II



You hold several positions within the Jama'at and auxiliaries. You attend practically all Jama'at and Ansarullah events and are known for helping with anything to make sure the programs run successfully. At home, you give time to your family and then turn to completing remaining Jama'at tasks. Your Jama'at's Tabligh Secretary is not very active, and thus, no Tabligh activities are taking place.

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What's the best approach?

Option 1: Sacrifice evening time with your family and organize a Tabligh event at the mosque, as no one else is doing it.

Option 2: Focus on serving your Jama'at and auxiliary responsibilities to the best of your abilities.

Option 3: Talk to your Tabligh secretary and offer your help to assist him in his work.

Option 4: any other response.

Guidance from Khalifatul Masih IV (rh)

Hazrat Khalifatul Masih IV (rh) in a Friday Sermon dated March 4, 1983 said,

"I am repeatedly calling you to become a Da'i ilallah and call the world towards salvation and call them to Lord of the worlds. Otherwise the destiny of the people will go in the hands of godless people, and there will be no doubt about their doom. Therefore, every Ahmadi without exception must become Da'i ilallah. The time is gone when the task was entrusted to only a few Da'in ilallah. Now is the time when even the children will have to become preachers and old people will have to become Da'in. Even people who are sick and confined to bed will have to become Muballighin. Such people can at least help in this jihad with prayers. They can cry before God, day and night saying that O Lord! Due to sickness, we are weak and cannot go out. Therefore, we pray unto you to transform the hearts of the people and we realize our responsibilities. If we start our work with this determination, I am sure that by the grace of God, the destruction of the world will be staved off."

Discussion III

You are engaged in a conversation with a non-Ahmadi Imam at a Tabligh stall regarding the meaning of *Khatamun Nabiyyin*. As the discussion gets more intense, the non-Ahmadi imam makes a disgusting remark about the Promised Messiah (alaihissalam). The people that are accompanying the imam start laughing and the rest of the public is watching.



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What's the best approach?

Option 1: You make an equally disgusting remark to the non-Ahmadi Imam.

Option 2: Call the police and tell them you are being harassed.

Option 3: Ignore the Imam completely and move on to the person at the stall.

Option 4: Another option?

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Guidance from Khalifatul Masih IV (rh)

Hazrat Khalifatul Masih IV (rh) in a Friday Sermon, dated 28 August 1987 said, "Tabligh is an obligation, which no one can ignore. One is not permitted to remain forgetful of this duty. Do not forget that even if you use Hikmat, be soft spoken, avoid harsh attitude, show your love and affection and sacrifice, yet there will be opposition. Allah has very openly warned that whenever Messengers come there will be mischief against them. But the total responsibility of the mischief will lie with the opponents. The Messengers will not be responsible for it. Now, when you are not responsible for the mischief, the Da'i has been instructed to invite in such and such a way and the opponent will have keen eye upon him and will try to find out the least mistake that the Da'i may be held responsible for the mischief.

Therefore, beware that you are the devotees of Sayyid-ul-Ma'sumin. People would like to see in you also the hue of purity. Do not exhibit any carelessness, idiocy or any fault that you give chance to the opponent that due to that reason, they persecute you, and oppose you due to your fault."

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Translation of the Video

The Promised Messiah (as) always felt most fervently about Tabligh and wanted to see members of his Jama'at having the same fervor for Tabligh. About talking about this, Hazrat Musleh Mau'ud (ra) says, "The Promised Messiah (alaihissalam) used to think all kinds of wondrous ways and means to carry out Tabligh, and he would remain engaged in his thought that his message would reach to the corners of the earth. He once suggested that people of his community should wear a special dress so that every member can become a source of Tabligh. On this suggestion, various proposals [regarding dress] were given. The purpose of his suggestion was that it would make the members of his community distinguished. Just an apparent distinction [in dress] is not enough. Indeed his wish would have been that not only people will be attracted to see a distinguished dress and actions of Ahmadis but also Ahmadis themselves will be mindful of their practice and their belief when wearing distinguished clothes. We need to instill this thought, even today realizing that a specific dress is not the main issue but people should be able to distinguish us as Ahmadis through our actions.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last month,

- How many times did you participate in a formal Tabligh activity arranged by Jama'at?
- How many times did you converse with a non-Muslim or a non-Ahmadi Muslim on a Tabligh related topic?
- How many times did you try to enhance your knowledge with the intention of Tabligh

Add the three numbers together.

(Keep it to yourself... the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ← Combined Score → >10

Keep striving hard and pray for yourself for motivation and opportunities to participate in Tabligh.	Keep praying for yourself to get more opportunities and strive to prepare yourself for more Tabligh work.	Continue to keep up the Tabligh work and inspire your family to do Tabligh as well.

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Health Topic: Manage Your Cholesterol

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What is Cholesterol

- **Cholesterol is a waxy substance** that's found in the fats (lipids) in your blood. Our body needs cholesterol for normal cell function
- **High cholesterol** can increase your risk of heart disease, cause narrowing of blood vessels and stroke. The risk is compounded if you have a poor lifestyle (Smoke, drink with sedentary lifestyle)
- **High cholesterol** can be inherited, but it's often the result of unhealthy lifestyle choices, and thus preventable and treatable
- **High cholesterol** has no symptoms. A blood test can detect high cholesterol
- **A healthy diet, regular exercise** and sometimes medication can go a long way toward reducing high cholesterol

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How to reduce your cholesterol?

- **Eat Heart Healthy Food**
  Choose healthier fats - Avoid saturated fats, found primarily in red meat, etc.
  Eliminate trans fats - Commonly found in fried foods, cookies, cakes
  Choose foods rich in omega-3 fatty acids - e.g. Fish (salmon, mackerel and herring) walnuts, almonds and ground flaxseeds are good sources of Omega 3 Fatty Acids
  Increase soluble fiber - by eating oats and oat bran, fruits, beans, lentils, and vegetables
  Whey protein may lower both LDL and total cholesterol
- **Exercise on most days of the week and lose weight**
  Even10-minute intervals several times a day can help you **lose weight. Consider taking** a brisk daily walk during your lunch hour, riding your bike to work
- **Quitting smoking** can improve your HDL cholesterol level; within 15 years of quitting, your risk of heart disease is similar to someone who never smoked

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Medicines to reduce Cholesterol

- **Medicines** may be needed to manage your cholesterol and there are several different types of medicines used for cholesterol management. Nutrition and exercise remain the most important part of your cholesterol management.

- **Few natural products have been proven to reduce cholesterol, but some might be helpful.** With your doctor's OK, consider these cholesterol-lowering products

  - Artichoke
  - Barley
  - Beta-sitosterol (found in oral supplements and some margarines, such as Promise Activ)
  - Blond psyllium (found in seed husk and products such as Metamucil)
  - Garlic
  - Oat bran (found in oatmeal and whole oats)
  - Sitostanol (found in oral supplements and some margarines, such as Benecol)

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Majlis Ansarullah Monthly Meeting

May 2017

AGENDA

- Recitation of the Holy Qur'an (62:12)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: How to teach ourselves and our families to enslave technology?
- Health topic: High Blood Pressure
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur'an regularly?

Unlimited Reward for reciting the Holy Qur'an

Hazrat Ibn Mas'ud relates that the Holy Prophet (saw) said that when a person recites one letter from the Book of Allah that is one good deed equal to ten good deeds the like of it. I do not say that Alif Lam Meem is a letter, but Alif is a letter Lam is a letter, Meem is a letter.

(Tirmidhi)

Watching Our Congregational Salat!

Unity of Man thru Congregational Salat

The Promised Messiah (alaihissalam) said: "The purpose of religion is also the human race be united in the form of the beads of Tasbeeh (rosary) through one thread. The congregational prayers or Salat is also for such unification so that all worshipers are counted as one. The reason why we are prescribed to stand shoulder to shoulder is so that whoever has greater wisdom or spiritual charisma is able to influence the weak. It is hoped that spiritual influence of the wise will diffuse into the weak."

[Friday Sermon of Hazrat Khalifatul Masih V (aba), January 14, 2005]

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How to teach ourselves and our families to enslave technology?

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Click to listen the recitation

[62:12] But when they see some merchandise or some amusement, they break up for it, and leave thee standing. Say, 'That which is with Allah is better than amusement and merchandise, and Allah is the Best Provider.

وَإِذَا رَأَوْا تِجَارَةً أَوْ لَهْوًا انْفَضُّوا إِلَيْهَا
وَتَرَكُوكَ قَآئِمًا ۚ قُلْ مَا عِنْدَ اللّٰهِ خَيْرٌ
مِّنَ اللَّهْوِ وَمِنَ التِّجَارَةِ ۚ وَاللّٰهُ خَيْرُ
الرّٰزِقِيْنَ ﴿١٢﴾

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How we can shun vain attractions and amusement of this world?

Share your thoughts

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Guidance from Promised Messiah

The Promised Messiah (may peace be on him) wrote:

'It should be remembered that a godly person does not belong to the world. That is why the world hates him. He belongs to heaven and is bestowed heavenly bounties. A man of the world is given worldly bounties, and a man of heaven is bestowed heavenly bounties.'

(*Philosophy of the Teachings of Islam, p. 142.)*

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Discussion I

A Nasir and his wife have three young children, ages 1, 4 and 6. As it is very difficult for the parents to keep such young children occupied, as well as manage household chores, they are thinking about getting a Netflix account so that the children can watch TV shows on the TV and on the smartphone from time to time.



"Usually you know they're growing up when they get their first teeth. Nowdays it's when they start downloading their first apps."

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What's the <u>best</u> approach?

Option 1: This is a good idea. Keep a mental limit to how much they can watch each day.

Option 2: Only allow the children to watch MTA on the TV and on the smartphone (using the MTA app) when you need to focus on household chores.

Option 3: Hold off on household chores until the children are in bed, so you can focus on engaging with the children.

Option 4: any other response

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Guidance from Khalifatul Masih IV (rh)

In a Friday Sermon delivered on December 19, 1986, Hazrat Khilafatul Masih IV (rh) said, “There is a lot to be said about television programs and I will talk about it some other time. In this context there needs to be a mention of control. You cannot pull them away from television at a young age, but you can influence them about what can be watched and for how long the programs can be watched and what comments to pass and how naturally you increase their interest towards good things and keep them from bad things. It requires a lot of effort and reflection. In all these situations the Holy Qur’an and Sunnah of the Prophet s.a.w. always guide us.”

(pages 843-844, Khutabat-e-Tahir, volume 5)

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Discussion II



A couple has been married for ten years and they have been unable to conceive a child. They have a very deep desire to have children. They are trying their best to find a solution.

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What's the best approach?

Option 1: They should focus on prayers, a healthy lifestyle, and follow their doctor's advice.

Option 2: They should just go for artificial insemination. Nothing else is likely to work.

Option 3: They should consider adoption.

Option 4: any other response.

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Guidance from Khalifatul Masih V (aba)

Hazrat Khalifatul Masih V said: "Hazrat Musleh Mau'ud (ra) says that it is also stupidity to totally abandon all means needed for the achievements of things. It will also be a matter of destruction if one leaves all blessings of God and all faculties. Western Nations, Hazrat Musleh Mau'ud says are involved in the first mentioned stupidity and have forgotten God and rely solely on their technology while the Muslims are steeped in the second and have adopted the totally wrong concept of relying on God and have abandoned using their hands and feet. In general the Western nations have forgotten God, and the Muslims generally stopped trying to do anything and exerting any efforts in the name of their false concept of relying on God. So these doubts keep rising in the minds of the youth that perhaps the progressing nations are doing so because they have distanced themselves from God and Muslims are on decline because of their religion. The fact is that Muslims have become lazy and adopted wrong concept of reliance on God and have lost their reputation and standing and have become the victims of weakness. And even where they try to do something their approach is totally wrong."

(Friday sermon dated Jan. 15, 2016)

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Discussion III

Your offer your prayers on-time for the most part. You read Holy Qur’an daily. You are progressing in your career and up-to-date on your Chanda subscriptions. You regularly attend Jumu’ah and other Jama’at programs. You serve in local Jama’at Amila, and are busy with Jama’at work late into the evening. When you come home, you spend some quality time with the children and also watch some favorite TV shows together as family. Your Jama’at President recently asks you to lead Isha prayers daily as you live close to the Mosque. Your wife has an issue with this stating, “Tell him ’no’ because our family TV show time clashes with Isha time.



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What’s the best approach?

Option 1: Lovingly convince your wife to sacrifice the entertainment and take the whole family to Prayer.

Option 2: She’s right. Tell your Jama’at president that you can’t lead the Prayer at that time.

Option 3: Lead the Prayer, take your family with you, record the TV shows to watch at a later time.

Option 4: Another option?

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Guidance from Promised Messiah

In this Age, the people who are most sincere, steadfast and Muttaqi are the people of this Jama'at of mine but even among them there are a lot of people who are the worms of this world. A poetical verse says:

You want the communion of God and you also want this mean world. Let me tell you, this is utterly impossible and it is nothing less than madness.

Nobody knows when he would be called upon to surrender his life. That being the case one should not be unmindful of the fact of his mortality and he should not give preference to the worldly affairs over his religion.

(Malfuzat Vol. 9, pg. 406)

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Translation of the Video

The third thing which I wanted to mention today is that I have come to know that a Facebook account has been opened in my name on the Internet which I have absolutely no knowledge of. Neither did I open that account nor do I have any interest in it. In fact I warned the Jama'at sometimes ago to be careful about Facebook as it could cause many harms. I do not know if somebody did this [opening Huzoor's Facebook account] out of foolishness or an opponent did this or an Ahmadi did this with pious intentions. Regardless of whomever did it, we are trying to close it and Inshallah, it will be closed because there are more harms in it than benefits. In fact, I keep on talking to individual members as well that certain harmful implications can arise from the use of Facebook which could cause problems and anxiety for them. Especially girls should be very careful about this. But anyhow, I wanted to announce about this Facebook account and those people who have accounts on Facebook, they are visiting this account and are leaving their comments which is not a proper way. Therefore, one should avoid this and no one should visit his account [Huzoor's wrongfully made account]. If such a circumstance ever arises that Jama'at would need to establish a Facebook account or something like this, then it will be done in a safe way where everyone does not have access to it, and only Jama'at's true viewpoint can be given on it.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last week,

- How many times did you ignore your children because you were on your smart phone?
- How many times did you miss a Salat time because of TV, Computer or your phone?
- How many times did you miss the opportunity to call one of your family members or a Jama'at brother because it was easier to send a text to ask something?

Add the three numbers together.

(Keep it to yourself... the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 — Combined Score — >7

0-1		>7
Keep up the good practice and continue to inspire your family by showing the best use of technology	Strive to reduce your dependence on technology one step at a time e.g., as a first step, never ignore your children	Pray hard for yourself and allocate a technology curfew at home and strictly follow it. Get help if necessary

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Health Topic: Manage Your Blood Pressure

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What is High Blood Pressure?

High Blood Pressure - In general BP for adults should be less than 140/90. Treatment for blood pressure generally would be recommended if your pressure consistently stays above 140/90. Your doctor can give you the newest treatment guidelines and it is different for each patient. High blood pressure is called the **"silent killer"** because it often has no warning signs or symptoms and therefore many people are aware of being hypertensive. About 1 of 3 U.S. adults (70 million) have high blood pressure and only 52% have their high blood pressure under control

Risk Factors for High Blood Pressure

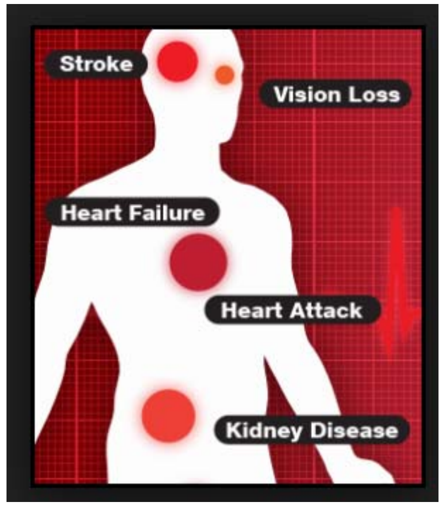
A diet that is too high in sodium and too low in potassium puts you at risk of high blood pressure. Potassium is found in bananas, potatoes, beans, and yogurt.

Physical Inactivity **Obesity**
Too Much Alcohol **Tobacco Use**
Increasing Age **African American Race**
Certain Diseases

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Effects of High Blood Pressure

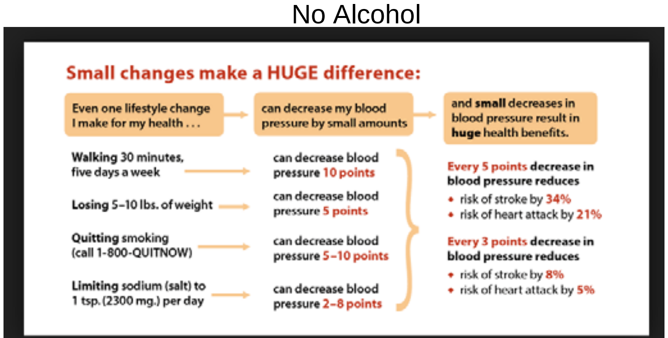
- High blood pressure can harden your arteries, which decreases the flow of blood and oxygen to your heart and lead to Angina, Heart Attack and Heart Failure
- High blood pressure can rupture or block arteries that supply blood and oxygen to the brain, causing a stroke. This can lead to serious disability or death
- Adults with diabetes, high blood pressure, or both have a higher risk of developing chronic kidney disease
- Uncontrolled BP can also cause serious damage to vision



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How can I prevent and Treat High Blood Pressure?

Eat a better diet, which may include reducing salt
Regular physical activity
Maintain a healthy weight
Manage stress
Avoid tobacco
Comply with medication prescriptions
No Alcohol



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Majlis Ansarullah Monthly Meeting

July 2017

MAJLIS ANSARULLAH USA

AGENDA

- Recitation of the Holy Qur'an (66:7)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: Have we tried our best to instill the true Islamic teachings in our children?
- Health topic: Influenza
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

The Holy Qur'an gives whatever man wishes for

The Promised Messiah (alaihissalam) says, "The Holy Qur'an is a wonderful book. The unlettered person, the Holy Prophet (saw) did not only give a Book to the world and taught wisdom, he also made them tread on the path of purification. So much so that they became the recipient of help of God. Behold and ponder over it, the Holy Qur'an guides every type of man to what he wishes to get from the Almighty God, and quenches the thirst of every thirsty person who is thirsting for Truth."

(Malfuzat Vol.1, page 117)

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Watching Our Congregational Salat!

Congregational Prayer is Obligatory for Men

Congregational Prayer is obligatory for men. If those who come to mosque regularly are supportive to others, things could improve. Hazrat Musleh Mau'ud (ra) said that once he came for Isha Prayers and saw only two rows. He suggested to people to bring their neighbors along next time. The number of worshippers started increasing from the next day. Indeed reminding polishes one's capacities. If people who regularly came for Prayers brought their acquaintances and friends along and shared rides, things could improve.

(Friday sermon of Hazrat Khalifatul Masih V (aba), January 30, 2015)

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Have we tried our best to instill the true Islamic teachings in our children?

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Click to listen the recitation

[66:7] O ye who believe! save yourselves and your families from a Fire whose fuel is men and stones, over which are appointed angels, stern *and* severe, who disobey not Allah in what He commands them and do as they are commanded.

يٰٓاَيُّهَا الَّذِيْنَ اٰمَنُوْا قُوْٓا اَنْفُسَكُمْ
وَاَهْلِيْكُمْ نَارًا وَّقُوْدُهَا النَّاسُ
وَالْحِجَارَةُ عَلَيْهَا مَلٰٓئِكَةٌ غِلَاظٌ شِدَادٌ
لَّا يَعْصُوْنَ اللّٰهَ مَآ اَمَرَهُمْ وَيَفْعَلُوْنَ
مَا يُؤْمَرُوْنَ ۝٧

What does this verse teach us about trying our best to instill true Islamic teachings in our children?

Share your thoughts

Guidance from the Holy Prophet (saw)

- **Holy prophet (saw) said " There is not better and superior present that a father can give to his children than cultivation of good morals."**
  (Tirmidhi)

- **The Holy Prophet (saw) said: "Respect your children and give them the good moral training."**
  (Ibni Majah)

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Discussion I

It is Fajr time and your son (above the age of 10) is not waking up. This is the fifth Fajr in a row that he has not woken up. You've called the Adhan in his room and sprinkled water in his sleepy eyes. You checked his smartphone and noticed that he had been playing Minecraft with his friends up until midnight. You have explained to him MULTIPLE times in the past weeks that he must wake up for Fajr and he must put the phone away by 10pm to which he agreed.



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Option 1: Take away his smartphone. Use physical force, if necessary, in the case he refuses to hand over the phone.

Option 2: Explain to him again that he must wake up for Fajr and stop using the smartphone after 10 pm. Convey this same message daily until he changes his lifestyle.

Option 3: Your daily reminders are not working. Resort to improving the quality of your own prayers.

Option 4: any other response

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Guidance from the Promised Messiah

The Promised Messiah (alaihissalam) said, “As for me, beating of the children is an act which can be termed as a sort of Shirk (associating others with God). It actually means that the ill-tempered person makes himself a partner of God in giving guidance and sustaining the creatures. When a quick tempered person punishes someone, he gets so much excited that he turns himself into an enemy and administers punishment many times more than the offence calls for. Only such a person has the right to punish the child to a certain extent, as maintains self respect to control himself and is forbearing and dignified; such a one can scold the child. But he who is quick tempered, undignified and lacking in wisdom has no right that he should be entrusted the duty of upbringing and training the children. I wish that the people could pray for the children just as they are anxious to punish them. They should make it part and parcel of their duties that they pray for the children fervently; the prayers of the parents for their children are particularly accepted by God.”

Malfuzat, Vol II, page 4

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Discussion II



A father confides in you that his daughter is 14 years old and she still has not adopted the Muslim style of dress in high school. She doesn’t cover her head or even wear a scarf. The father complains that in the warmer months, she even wears skirts and shorts that are above her knees. The father and his wife have explained to her many times that this type of dress is not Islamic.

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What's the best approach?

Option 1: Advise him to increase his prayers for her, offer Nawafil, fast. But at the same time, keep reminding her of the Islamic values with love.

Option 2: Discard all the clothes that are not appropriate for Muslim girls.

Option 3: Advise the father to have his daughter homeschooled.

Option 4: any other response.

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Guidance from Promised Messiah

The Promised Messiah (alaihissalam) said about gradual training, "You should wake up at night and pray to God that He may guide you onto the path that leads to Him. The Companions of the Holy Prophet (saw) also had a gradual training. What were they in the beginning? They were like seeds sown in the earth. Then the Holy Prophet (saw) watered and prayed for them. The seed was good and the soil was also good. The watering [by the Holy Prophet (saw)] produced very good fruit. Just what the Holy Prophet did they followed him and did the same. They never waited for the day or the night. You people should repent sincerely, wake up for Tahajjud prayer, pray and set your hearts right. You should do away with your shortcomings and make your words and actions in complete conformity with the will of God. You should remember that he who will keep this advice in view all the time and will pray in a practical manner and put his needs before God, will be blessed by God and he will find a change (for the better) in his heart. Do not be despaired of God."

(Malfuzat Vol. 1, p. 44)

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Discussion III

Your 7-year old daughter has not finished her dinner, which is normally what happens. Whatever food your wife puts on your daughter's plate, your daughter manages to not finish it. You have reminded your daughter repeatedly about the blessings of the last morsel of food on the plate. However, your wife is not so strict in reminding the children about this.



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What's the best approach?

Option 1: Tell your daughter that she cannot leave the dinner table until her plate is clear.

Option 2: Reprimand your wife for not taking better care in teaching the children proper Islamic etiquettes.

Option 3: Be an example for your children. Show them your dinner plate each night and how cleanly you have finished your meal.

Option 4: Another option?

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Guidance from Khalifatul Masih IV (rh)

In a Friday Sermon delivered on December 19, 1986, Hazrat Khilafatul Masih IV (rh) said, "Parents with great zeal and intelligence should take interest in their children during these years (4-7 years). If you want to inculcate the love of Salat in them then if the children see their parents prepare for Salat, care to offer Salat with proper etiquettes then right from the start prior to them going to school they would develop love for offering Salat and if they see other good manners in their parents then love for those manners will take place in them."

(pages 843-844, Khutabat-e-Tahir, volume 5)

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Translation of the Video

Hazrat Musleh Mau'ud (ra) wrote about an incident. By relating this incident, he brought our attention to the point that Muslim youth should be aware of Islamic morals and etiquettes. He stated in one of his Khutbas, 'My observation is that there is no attention towards teaching Muslim youth about Islamic customs. Young men casually walk with their arms around each other's necks, and they don't even hesitate to practice this in front of me because they have no realization that this is a bad habit. Their parents and teachers have never given any attention to reform their habits even though, these things [early training] can deeply affect human life. I have seen that some people's early training have effect on my life even today and when I remember such incidents, prayers for them come out of my heart. Once, I was standing with my elbow on the shoulder of a boy, and Master Qadir Buksh Sahib who was the father of Abdur Rahim Dard Sahib, forbade me from this telling me that it is a very bad habit. At that time I was around the age of 12 or 13 years but whenever I remember the incident, my heart fills with prayers for him. Similarly, there was a Subaydar Sahib from Murad Abad. I remember one of his incident as well. My mother is from Delhi and in Delhi as well as in Lakhnow, people use 'Tum' (informal 'you') to address others. Although, for elderly, 'Aap' [respectful 'you'] is used but because there was no such opportunity for me to learn that as there was no elderly from my mother's family around Qadian whom she could address with 'Aap'. Therefore, I used to address the Promised Messiah (alaihissalam) with 'Tum' until the age of 10 or 11 years. May God grant Subaydar Muhammad Ayub Sahib the highest station in heaven. There was a court case in Gurdaspur and I addressed the Promised Messiah with 'Tum' while talking. Subaydar Sahib took me aside and told me that 'you are the son of the Promised Messiah and therefore respectful for us, but remember that the word 'Tum' is used for people with similar status and not for the elders. And for the Promised Messiah, I cannot tolerate the use of this at all'. This was the first lesson he gave me about this."

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last week,

- How many times did you reward or appreciate a child or grandchild for behaving well at home?
- How many times did you talk to your child or grandchild on misbehaving at home?
- How many times did you offer Tahajjud Prayer for your child or grandchild?

Add the three numbers together.

(Keep it to yourself.. the “score” is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ← Combined Score → >7

0-1		>7
Strive hard and start praying Tahajjud regularly for your children. Try to teach them manners with love and affection.	Keep enhancing your standards of prayers and spend more and more time with them making them friends.	Continue to offer Tahajjud Prayer for your children and keep inspiring them with your role model.

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Health Topic: Influenza

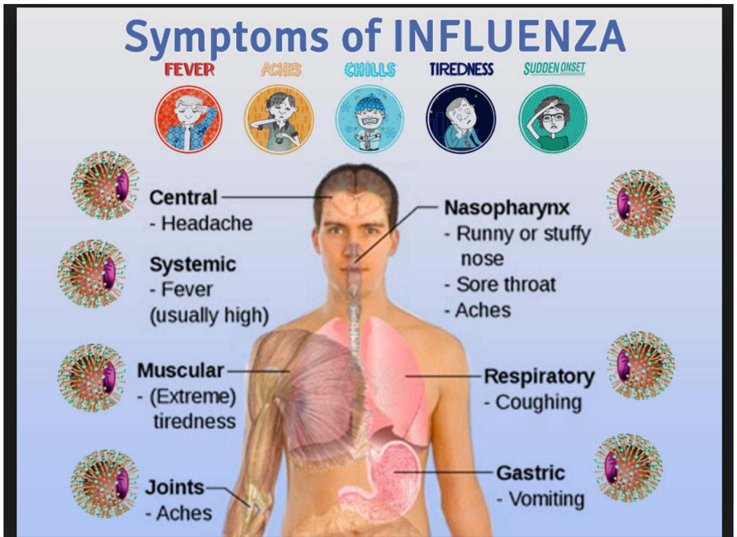
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What is Influenza?

- Influenza is a viral infection that attacks your respiratory system
- **Influenza resolves on its own in most cases** but sometimes influenza and its complications can be deadly in certain high risk groups
- **People at higher risk of developing flu complications include**
  Young children under 5, and especially those under 2 years
  Adults older than 65
  Residents of nursing homes and other long-term care facilities
  Pregnant women
  People with weakened immune systems
  People who have chronic illnesses, such as asthma, heart disease, kidney disease and diabetes
  People who are very obese, with a body mass index (BMI) of 40 or higher

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Common Signs and Symptoms



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How to prevent Influenza/Flu?

- Your best defense against influenza is to receive an annual vaccination. Flu virus changes rapidly and unlike other vaccines, it does not confer long term protective effect. Flu Vaccine is not a booster. It is an entirely new vaccine against new virus given yearly
- Drink plenty of liquids - water, juice and warm soups to prevent dehydration
- Get more rest and sleep to help your immune system fight infection.
- Use acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others)
- NO aspirin to children under 18, It may result in Reye's syndrome, a rare, but potentially fatal disease
- Your doctor may prescribe an antiviral medication, such as oseltamivir (Tamiflu) or zanamivir (Relenza). When taken early, they shorten the duration of illness

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Majlis Ansarullah Monthly Meeting

August 2017

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AGENDA

- Recitation of the Holy Qur'an (25:75)
- Pledge
- Reminders: Recitation of the Holy Qur’an and Congregational Prayers
- Monthly topic: Are we fulfilling our responsibilities towards our families?
- Health topic: Pneumonia
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

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Why read the Holy Qur'an regularly?

The Holy Qur'an is a living book, not mere stories

It must be kept in mind that the Holy Qur'an has laid the scriptures and the prophets under obligation introducing their teachings as something intellectual, though they were in the form of stories. I tell you the truth that nobody can attain to salvation through these stories unless he studies the Holy Qur'an, for it is no other Book except the Holy Qur'an about which it is said "it is a Scale, protector, a Light and Cure and Mercy". Those who study the Holy Qur'an and take it as a stories, do not really study the Holy Qur'an (they do not understand it), rather they degrade it. Why are my opponent so strongly opposed to me? Because I want to show the Holy Qur'an according to the command of God---as a light, wisdom and a mean of God realization. On the other hand, they want to show it as no more than ordinary stories. I cannot tolerate for this. Through His Grace, has made it clear to me that the Holy Qur'an is a living Book and Full of Light. Why should I mind the opposition.

(Malfuzat Vol. III, page 155)

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Watching Our Congregational Salat!

Good Hospitality

Hardhat Abu Hurairah (RA) says that the Holy Prophet (saw) said: Whoever goes to the Masjid in the morning or in the evening, Allah prepares for him a good hospitality in Paradise as often as he goes to the mosque, morning or evening.

(Bukhari)

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Are we fulfilling our responsibilities towards our families?

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Click to listen the recitation

[25:75] And those who say, ‘Our Lord, grant us of our wives and children the delight of *our* eyes, and make us a model for the righteous

وَالَّذِيْنَ يَقُوْلُوْنَ رَبَّنَا هَبْ لَنَا مِنْ اَزْوَاجِنَا
وَذُرِّيّٰتِنَا قُرَّةَ اَعْيُنٍ وَّ اجْعَلْنَا لِلْمُتَّقِيْنَ
اِمَامًا ۝٧٥

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In the light of this verse, what are our major responsibilities towards our families?

Share your thoughts

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Guidance from the Huzoor (aba)

As the Head of the family, a husband is responsible to provide for the needs of his wife and children. He should spend time with his family, bring them to the Jama'at events and be part of their interest and problems. In everyday life we see that a successful leader is the one who is fully aware of the problems that lie in the domain of his responsibility.

(Hazrat Khalifatul Masih V (aba), Friday sermon July 2, 2004)

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Discussion I

Your wife is about 50 years old and is going through some medical condition. She's been having frequent bouts of anxiety and depression. She relies on you for help around the house and emotional support.

Well, in an hour, you need to rush to the masjid for a big Tabligh event. You are the chief organizer for the event. As your wife sees you preparing to leave, she urges you to please stay home.



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Option 1: Call the Jama'at President and let him know you have to deal with a family issue and can't make it.

Option 2: Encourage your wife to call one of her close friends to help her during this time.

Option 3: Remind your wife about your commitment to the event and commit to come back as soon as possible to help out at home.

Option 4: any other response

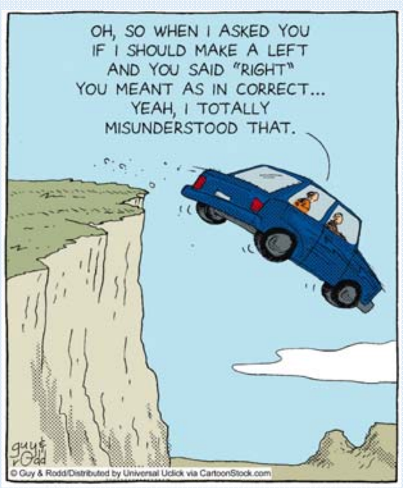
Guidance from the Promised Messiah

The relationship between husband and wife should be as between two true and sincere friends. The primary witness of a person's high moral qualities and of his relationship with God is his wife. If his relationship with his wife is not good, it is not possible that he should be at peace with God. The Holy Prophet, peace and blessings of Allah be upon him, has said,

"The best of you are those who behave best towards their wives."

(Malfuzat, Vol. V, pp. 417-418)

Discussion II



As you are getting your 4-year old daughter ready for preschool, you notice your wife is putting on your daughter's left shoe first. You remind your wife (again) that she should be teaching the children to use their right hand and right foot first. She looks at you and says you are being a fanatic. There are more important things you should focus on regarding the children's upbringing.

What's the <u>best</u> approach?

Option 1: Take off your daughter's left shoe and proceed to put on her right shoe first. Set this expectation with your wife.

Option 2: Don't say anything in front of your daughter. But afterwards talk to your wife to make her understand that everyone in your family (starting with yourself) is expected to align with the Sunnah.

Option 3: Your wife is right that you are being a fanatic. It's not that big of a deal. Just try to do better next time.

Option 4: any other response.

Guidance from Promised Messiah

"People have great desire to have children and children are bestowed on them. But it is never observed that they strive for making them good, pious, and obedient servants of God. Neither do they ever pray for them, nor keep in view different grades of upbringing [that is, they do not act according to the requirements of time]. My personal condition [in this regard] is that there is no Ṣalat of mine in which I do not implore for my friends/followers, children, and wife. There are several parents who put their children in bad habits. When they start acquiring evil in the beginning, they do not warn them. The result is that, day by day, they become daring and bold in the evil ways. A story is told that a boy was being hanged for his criminal deeds. At this last moment, he expressed his desire to see his mother. When his mother came, he went close to her and said, "I want to suck your tongue." When she stretched her tongue out, he bit it. When questioned, he replied, "My this very mother is the cause of my plight today. If she had checked me on time I would have not come to this end." Suffice it to say that people do desire to have children but not that they be servants of faith rather that they be their heir in the world. When children are born, no attention is paid to their upbringing, neither their perceptions are straightened out nor their morals are corrected."

(Malfuẓat, Vol. 2, Pages 372-373)

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Discussion III

Your father-in-law is diabetic and needs a very expensive medicine. He doesn't have medical insurance yet as he just arrived in the country. Your wife is very concerned about her father and has asked you to go to your uncle, who is a doctor, to write a prescription in your name for the medicines that your father in-law needs. Since you have medical insurance, the costs for medicines will be a lot cheaper.



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What's the best approach?

Option 1: That's a great idea! Tell your uncle to write out the prescriptions in your name.

Option 2: Take your father in-law to a medical facility to get the medicines he needs. As his sponsor, you may have to pay sizable fees.

Option 3: Find a suitable homeopathic medicine and rely on that until your father in-law's immigration status changes.

Option 4: Another option?

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Guidance from the Promised Messiah

The fifth cause of impediment to reformation of practice is family: wife and children. Sometimes people are tried because of their family. For example in Islam usurping others' wealth is forbidden. If money is left as a trust with someone to which there is no witness and no proof, the intention of the person may falter due to the needs of his family. The wife may have demanded something or the son may have asked for money which the father could not provide, or money may be required for treatment of an ailing child. The person may think of usurping the money left as a trust with him to meet his needs and not care about the consequences. This of course is totally against the Islamic teaching of keeping trusts. Some people do usurp the wealth of young orphans or incur loss on them to make property for their own children. This is not confined to financial matters. Borne out of undue indulgence some parents in particular in this liberal society – although this also goes in the underdeveloped countries – do not make their children conform to Islamic teachings.

Hazrat Khalifatul Masih V (aba), Friday sermon of December 20, 2013

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Translation of the Video

There are some among you and I know about a few of them, who abuse their wives. And there are some [who abuse their wives] whom I do not know. Outwardly, they are well behaving. In peoples' eyes, they appear to be of good character, honest and seem focused on the right path but in their household matters, they have deviated away from the right path. Taking good care of one's family and other household members is not an ordinary matter. When the Holy Prophet (saw) has said, 'The best among you is the one who treats his family well', he especially gave his personal example that he is the best in good treatment of his family.' This is not an ordinary deed. To tell the importance of this deed, the Holy Prophet (saw) gave his personal example. Therefore, a believer need to engage in the prayer of 'Guide us in the right path' for every matter so that the standards of good deeds increase. And when the death comes, it should be in the state of pure obedience [to the will of God]. So a true believer is the one who, after accepting the Imam of the age, is always engaged in enhancing the standards of his good deeds. And he is always engaged in increasing his standards of faith. And he keeps praying from Allah that he remains steadfast on the right path and keep advancing in that direction. He always make an effort in being righteous and gain piety. Whomever makes progress in righteousness, his heart is always filled with the fear or Allah. And whose heart is filled with fear of Allah, he always makes an effort to give the due rights to Allah as well as to the people.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the last month,

- How many times did you give in to do something which you would have never done for yourself but you did for the sake of one of your family members?
- How many times did you feel pressured by one of your family members to something shaky.

Add the three numbers together.

(Keep it to yourself... the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 | Combined Score | >7

0-1		>7
Continue to pray for yourself and your family to keep away from trials and tribulations.	Keep praying for strength and opportunities to handle situations with honestly and true principles	Pray hard for yourself and your family to stay on straight path and discuss with your family, the limits not to cross.

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Health Topic: Pneumonia

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What Is Pneumonia?

- Pneumonia is an infection in one or both lung. It can be caused by fungi, bacteria, or viruses. Pneumonia causes inflammation in your lung's air sacs, or alveoli. The alveoli fill with fluid or pus, making it difficult to breathe
- Symptoms of pneumonia can range from mild to life-threatening. The severity of your pneumonia usually depends on

  the type of organism causing your infection
  your age
  your general health
- Certain factors that can raise your risks of getting pneumonia

  People who have had a stroke, have problems swallowing, or are bedridden
  Infants from birth to age two and individuals age 65 or older
  People with weakened immune systems are at increased risk of pneumonia. **For example,** people taking steroids, medications for cancer, and people with HIV, AIDS
  Drug abuse increases risk. This includes excessive alcohol consumption and smoking
  Asthma, cystic fibrosis, diabetes, and heart failure also increases your risk

What Are the Symptoms of Pneumonia?

- The general symptoms of pneumonia can develop quickly and may include:
  - chest pain
  - shaking chills
  - fever
  - dry cough
  - wheezing
  - muscle aches
  - nausea
  - vomiting
  - rapid breathing
  - rapid heartbeat
  - difficulty breathing
- You should seek immediate medical attention if you have any of these symptoms
  - skin with bluish tone (from lack of oxygen)
  - blood in sputum (coughed-up mucus)
  - labored breathing
  - high fever (102.5°F or higher)
  - confusion
  - rapid heartbeat
- You will likely require blood test, x-ray and may be CT scan for diagnosis and treatment

How Is Pneumonia Treated?

- **The type of treatment prescribed** for pneumonia mostly depends on what type of pneumonia is present, as well as how severe it is

General Treatment

Medications to treat fever, cough, inhalers, good nutrition, fluids, rest, controlling sugar and practicing good hygiene. Patient may have to be admitted to the hospital or treated at home

- **Treating Bacterial Pneumonia**

Antibiotics are used to treat this type of pneumonia. Antibiotics should be taken as directed. If you stop taking the antibiotics before treatment is complete, the pneumonia may return.

Treating Viral Pneumonia

Antibiotics are useless if a virus is the cause of pneumonia. However, certain antiviral drugs can help treat the condition. Symptoms usually clear within one to three weeks

Can Pneumonia Be Prevented?

In many cases, it can be prevented with vaccines against bacterial pneumonia and flu. Quitting smoking will definitely lower your risk of pneumonia

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Majlis Ansarullah Monthly Meeting

October 2017

MAJLIS ANSARULLAH USA

AGENDA

- Recitation of the Holy Qur'an (1:5-7)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: Do we understand the wisdom behind prayers and worship of God?
- Health topic: Stroke
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur'an regularly?

Qur'an is the only book worth reading!

Had we not possessed the Holy Qur'an and only the Hadith collection had been there to base our faith and belief on them, we would not have been able to face the people of other faiths and we would have been very much ashamed of it. When I pondered over the word "Qur'an" it dawned on me that this blessed word was very prophetic. The prophecy is that the only book worth reading is the Holy Qur'an, and time will come when other books will also be there but this will be only book worth reading and it is only through this book that the honor of Islam will be retrieved and the falsehood will be eradicated ; all other books will be deserve to be put aside.

(Malfuzat Vol II, page 132)

Watching Our Congregational Salat!

Home Can be a Place for Congregational Prayers

Hazrat Muṣleḥ Mau'ud (ra) wrote, "Should someone fail to find a companion to accompany him for congregation, he can arrange for congregation at home leading the Prayer while his wife and children stand behind him. This will at least keep the habit of offering Prayer in congregation alive. A day will come that God will make that single person into a full-fledged Jama'at.

(Page 117, Blessings of Khilafat by Hazrat Muṣleḥ Mau'ud (ra)

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Do we understand the wisdom behind prayers and worship of God?

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Click to listen the recitation

[1:5] Thee alone do we worship and Thee alone do we implore for help.	إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝٥
[1:6] Guide us in the right path —	اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝٦
[1:7] The path of those on whom Thou hast bestowed *Thy* blessings, those who have not incurred *Thy* displeasure, and those who have not gone astray	صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ۙ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝٧ ع

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What is the wisdom behind this prayer taught in the first chapter of the Holy Qur'an?

Share your thoughts

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Guidance from the Promised Messiah (as)

Acceptance of prayer is proved by valid instances as part of the law of nature and God sets up living models in every age. That is why He has taught the prayer: Guide us along the straight path, the path of those on whom Thou hast bestowed Thy favors. This is the design and law of God and no one can alter it. Guide us along the straight path is a supplication for perfection in conduct. In form this is a direction to seek guidance to the straight path, but it is preceded by: We worship Thee alone and beg Thy help. This indicates that we must use our natural capacities for treading along the straight path and seek Divine help in the process. Therefore, appropriate available means must be employed. On who neglects this is guilty of ingratitude in respect of God's bounties.

Be mindful, then, that if we fail to use these powers and faculties, our prayer is vain. If we do not use the gifts we possess, how can we supplicate for more? That is why: We worship Thee alone, precedes: Guide us along the straight path. This is an affirmation that we have not left unemployed and stultified the gifts and faculties that Allah has granted us.

(*Al-Hakam*, Dec. 10, 1901)

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Discussion I

You are now 20 years into your career. For the next 5-7 years, if you put in the extra time and weekends, you can land an executive position at your firm. Besides securing your own personal finances for the future of your family, this could also help you serve the Jama'at further. The financial payout would significantly increase your Chanda payments and the prestige of the position can paint an even better image of the Jama'at.



"So, where do you see yourself by June?"

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What's the best approach?

Option 1: The overall benefits of working this hard in the career are worth the time sacrifice.

Option 2: This will impact your ability to serve the Jama'at and spend adequate time with the family.

Option 3: This will lead you down a path of worldliness.

Option 4: any other response

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Guidance from the Promised Messiah

The real purpose of all the external and internal limbs and faculties that have been bestowed on man is understanding and worship and love of God. That is why, despite a thousand occupations, man does not find his true well being except in God Almighty. Having acquired great wealth, or achieved high office, or having become a great merchant, or having acquired governing authority, or become a great philosopher, he departs in the end from these worldly involvements with a sense of frustration. His heart rebukes him all the time about his deep concern with the world and his conscience never approves his wiles and deceits and wrongful actions.

Ruhani Khazain Vol. 10, p. 100

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Discussion II



You are most regular in your spiritual obligations (Salat, reading the Holy Qur'an, Sadqa and Chanda). You get great joy in reading the books of the Promised Messiah (alaihissalam) and are committed to reading them all before you leave this world. You have come to a point in your spiritual journey that you don't enjoy TV shows, playing games with grandchildren, or even mingling with other family members. You sometimes feel guilty about this.

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What's the best approach?

Option 1: Don't feel guilty. Do as your heart desires.

Option 2: Your family has its rights too. You should devote time towards the things they enjoy.

Option 3: Talk to your family about spiritual matters and focus your time with them on telling them about what has inspired you.

Option 4: any other response.

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Guidance from Promised Messiah

The purpose of the creation of a thing is determined by its highest achievement beyond which its faculties cannot rise. For instance, the highest a bullock is capable of is plowing, or irrigation, or transportation, and therefore these are the purpose of its life and it cannot rise above them. But when we take stock of man's faculties and powers to discover his highest capacity, we find that he is invested with the faculty of seeking after God so much so that he desires that he should become so devoted to God's love that he should have nothing of his own and that everything should become God's. He shares his natural needs like food and drink and rest with other animates, and in industry some animals are ahead of him; for instance, the bees produce such excellent honey from every type of flower that man has so far not been able to compete with them. It is clear, therefore, that the highest capacity of man is meeting with God Almighty and thus the true purpose of his life is that the window of his heart should open towards God.

Ruhani Khazain Vol. 10, p. 100

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Discussion III

It is the start of Majlis Ansarullah year and you approach, Tariq, a fellow nasir, about paying a portion of his Ansar Chanda. He then confides in you his frustrations with paying Chanda. He says that he always pays regularly (which is true), but feels that he is continually being met with financial crisis. He recently lost his job and is now working odd jobs to make ends meet. Ever since you've known him, he has struggled. Tariq now questions whether the promises of the Holy Qur'an about giving in the way of Allah are really true. What is your response to him?



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What's the best approach?

Option 1: Don't ask for Ansar Chanda from Tariq again until he gets a permanent job.

Option 2: Remind Tariq that his health is good and his family is strong, so take these trials in stride.

Option 3: Warn Tariq about these ill feelings and tell him to offer istaghfar. He should maintain paying Chanda based on his current income.

Option 4: Another option?

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Guidance from the Promised Messiah

A question is raised that God Almighty being Gracious and Benevolent, His direction that man should worship Him is for the benefit of man and not that it adds in any way to God's honour. It is true that through the worship of God man's own welfare is intended, yet the Rabubiyyat of God Almighty demands that avoiding evil and devoting himself to His worship and obedience, he should achieve his good fortune. If he does not wish to follow that path His wrath is aroused not for His own sake, but for his sake and He subjects him to diverse types of warnings and admonitions. If he still does not take heed, he is consumed in the fire of rejection and of despair. It is not permissible that anyone should say to Him: Why do You bother about what would harm me or benefit me? Why do You admonish us and send revealed Books and punish us?

Ruhani Khazain, Volume 2, pp. 215

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Translation of the Video

Once someone asked Hazrat Promised Messiah (alaihissalam) about how can one develop fervor for worship. [The Promised Messiah] replied that fervor in pious deeds and worship cannot be attained by itself. It is not possible that a man can create it by himself or by his own efforts. [Instead], it is attained by the Grace and Will of God. To attain this, it is important that a person doesn't become anxious and continues to pray to God to grant him the ability [to do so] and for His Grace. He shouldn't get tired and consistently pray for it. He said that one should not become tired and not give up these prayers. When a person remains consistent in [prayers], then ultimately God, by His Grace, creates a state in him for which his heart yearns and craves. That is, a fervency and zeal for worship is created. A sense of sweetness and pleasure for worship is generated. He said but if someone doesn't strive and struggle enough and thinks that it can happen automatically and he can come close to Allah or develop a love for worship as if someone would magically turn him into a worshipper, then it is not possible. He said, that this is not the principle nor the practice of Allah. He then said, that whomever tires God in this manner, he ridicules God and is destroyed. The result of this is nothing but [spiritual] destruction and he goes away from God. He said that firmly remember that one's heart is in God's hand and without His Grace one can become a Christian the very next day and turn away from Islam, or indulge in some other nonreligious act, turning away from religion. Therefore, always keep praying for His Grace, and beseech for His help, so that He keeps you on the right path.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

- During the past month,
- How many times did you enjoy praying to Allah?
- How many times did you confidently share with your family that Allah Ta'ala listens to prayers?
- How many times did your heart reject a news item you read on the internet or in a newspaper or a magazine raising doubts about existence of God and trust in Him.

Add the three numbers together.

(Keep it to yourself… the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ← Combined Score → >10

0-1		>10
Strive hard and pray for wisdom to experience God in your heart. Keep struggling and continue to do good	Keep striving and praying to continue to increase in your wisdom to experience and trust in God	Keep enhancing your trust in Allah and pray for more and more wisdom to increase your trust and inspire your family

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Health Topic: Stroke

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What is Stroke ?

- Stroke occurs when the supply of blood to the brain is either interrupted or reduced. When this happens, the brain does not get enough oxygen or nutrients which causes brain cells to die
- There are three main kinds of stroke; ischemic, hemorrhagic and TIA
- More than 2/3 of survivors will have some type of disability. Some patients recover completely
- Every 4 minutes someone dies from stroke
- Stroke is the leading cause of adult disability in the U.S.
- **Up to 80 percent of strokes can be prevented**

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Stroke Symptoms



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How to Prevent & Treat Stroke?

- **STROKE PREVENTION**
  Balanced diet and regular exercise
  Maintain a healthy weight
  Keep **blood pressure** and **diabetes** under control
  Treat obstructive sleep apnea (if present)
  Treatment of irregular heart rhythms
  Say no to alcohol, tobacco and drugs
  Anti-coagulant and anti-platelet medication
  Surgery to restore blood circulation
- **STROKE TREATMENT**
  May include clot-busting drugs called **(TPA)**
  Aspirin or other blood thinners
  Physical Therapy
  Occupational Therapy
  Speech Therapy, Surgery and Support groups

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Majlis Ansarullah Monthly Meeting

November 2017

AGENDA

- Recitation of the Holy Qur'an (2:273)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: Have we played our role in strengthening the economic conditions of our community?
- Health topic: Back Pain
- National Reminders/Announcements
- Local Reminders/Announcements
- Dua

Why read the Holy Qur'an regularly?

The Holy Qur'an has all sorts of guidance

The Holy Qur'an is wonderful book. The unlettered person (the Holy Prophet (saw) did not only give a Book to the world and taught wisdom, he also made them tread on the path of purification. So much so that they became the recipient of help of God. Behold and ponder over it, the Holy Qur'an guides every types of man to what he wishes to get (the Almighty God) and quenches the thirst of every thirsty person who is thirsting for Truth. Just imagine, to whom was granted this fountainhead of light; It was given to the Holy Prophet Mohammad (saw) who on the one hand was unlettered and on the other hand he talked of things that had never been talked. This is the perfect grace of God so that people may be able to understand as to how far can go in having communion with God.

(Malfuzat Vol. 1, page 117)

Watching Our Congregational Salat!

Promised Messiah: Importance of Congregational Prayer

Hazrat Musleh Mau'ud (ra), after having related an incident regarding the importance the Promised Messiah (alaihissalam) had placed on offering five daily Prayers in congregation, said that at times, when the Promised Messiah was unable to go to the mosque for offering prayer, he would offer it in congregation at home. Hence, members of the Jama'at should try to congregate together for Prayer. And, those who might not be able to do so should ask their wives and children to join them in Prayer to make it congregational. In short, members of the Jama'at should make sure that wherever they are they offer Prayer in congregation.

(Hazrat Khalifatul Masih V (aba), Friday sermon of February 6, 2015)

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Have we played our role in strengthening the economic conditions of our community?

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Click to listen the recitation

[2:273] It is not thy responsibility to make them follow the right path; but Allah guides whomsoever He pleases. And whatever of wealth you spend, it is for yourselves, while you spend not but to seek the favor of Allah. And whatever of wealth you spend, it shall be paid back to you in full and you shall not be wronged.

لَيْسَ عَلَيْكَ هُدٰىهُمْ وَلٰكِنَّ اللّٰهَ يَهْدِيْ
مَنْ يَّشَآءُ ۗ وَمَا تُنْفِقُوْا مِنْ خَيْرٍ
فَلِاَنْفُسِكُمْ ۗ وَمَا تُنْفِقُوْنَ اِلَّا ابْتِغَآءَ
وَجْهِ اللّٰهِ ۗ وَمَا تُنْفِقُوْا مِنْ خَيْرٍ يُّوَفَّ
اِلَيْكُمْ وَاَنْتُمْ لَا تُظْلَمُوْنَ ۝٢٧٣

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In the light of this verse, what is the meaning of strengthening the economic condition of our community?

Share your thoughts

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Guidance from the Promised Messiah

It is now time for all those who count themselves among my followers, that they should help this Movement with their money. If someone can only afford one paisa (penny), he should pay one paisa (penny) each month for the requirements of the movement; he who can afford a rupee (Dollar) should offer a rupee (dollar) each month…..Everyone who has accepted the Ba'iat should help according to his means , so that Allah too should help them. If the assistance is received regularly every month, even if it is minor it is better than which is made upon impulse after a long time of negligence. Every person's sincerity can only be judged by the service he offers. O my dear Ones! This is the time for helping faith and fulfilling its requirements. Make use of it, for this time will never return.

(Kashit-e-Nuh, Ruhani Khaza'in volume 19, p.83

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Discussion I

Take a look at this Nasir's monthly income breakdown:

		Amount
Gross Wages / Salary	$	5,000.00
Rent	$	(2,000.00)
Medical Insurance	$	(300.00)
Gift from Mother	$	1,000.00
Government Taxes	$	(1,000.00)
Car Payment	$	(150.00)
Utilities	$	(200.00)
Daughter's Monthly College Tuition	$	(800.00)
Household Expenses (groceries, clothing, gas for cars)	$	(1,000.00)
Vehicle Maintenance Cost	$	(50.00)
Deposit in the Bank	**$**	**500.00**

Calculate this brother's Majlis Ansarullah Chanda for the month. (Feel free to use your smartphone calculator!)

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Guidance from the Promised Messiah

Doomed are the people who spend hundreds for show and display, but when it comes to spending in the way of Allah, they find all sorts of excuses. It is shameful indeed that a person should enter this Jama‘at and not leave behind his miserliness and meanness. Allah has so ordained, that the party of His men always needs financial assistance in the beginning. Even our Holy Prophet (saw) received Chanda from his disciples, of whom Hazrat Abu Bakr (ra) was foremost. So come forward to assist with manly courage and without hesitation. Those who help us today will witness Allah’s help.

Majmu‘ah Ishtiharat, volume 3, p. 156

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Discussion II



A representative from the National Mosque Committee has come to visit your Jama’at. He makes an inspiring speech about how donating towards building a house of Allah helps build one’s own house in Paradise. The brother is asking for a pledge from everyone of at least $250. Your own finances are tight right now, but you have exactly $250 in your bank account that you had reserved to keep you current on your obligatory Jama’at Chandas.

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What's the best approach?

Option 1: Put the $250 towards the National Mosque Fund. Insha'allah, Allah Ta'ala will bless you more next month to pay off your Chanda.

Option 2: Pay $125 towards the National Mosque Fund and $125 towards the obligatory Chandas. Insha'allah, Allah Ta'ala will bless you more next month to pay off your Chanda.

Option 3: Pay $5 to take part in the National Mosque Fund and put the rest towards your Chanda.

Option 4: any other response.

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Guidance from Khalifatul Masih IV

The question is, if someone does not pay obligatory Chanda should the Chanda of the auxiliary organization be received from him/her? …While mentioning Tahrik-e-Jadid, I urged upon you to first include such people in obligatory Chanda, as the basic rule is that one who does not join in permanent obligatory sacrifice, voluntary sacrifice is not accepted from him…It is our foremost duty to include the new Ahmadi in permanent obligatory sacrifice, but (for the time being) if they voluntarily join in Chanda Tahrik-e-Jadid that too will enable them to become a part of permanent financial system and thus will give them strength. Hence you need not to indulge in minor technicalities or legalities. Instead, keep in view the spirit of Chanda, and in order to protect their lives for higher aims, deal with them compassionately, and where Qur'an has referred to it is not something that is distinct from the common people and is meant for a specific period, rather it is a clear guideline which is also relevant in this institution.

Hazrat Khalifatul Masih IV (rh), Friday sermon of November 11, 1994

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Discussion III

About 5 years back, you were in business with another Nasir, Raza. The business went sour with the two of you blaming each other for the failure. Finally, the Jama'at had to intervene to settle the matter, but the friction and mistrust between you and Raza remained. Last week, you found out that Raza has been jobless for three months and the Jama'at President has been privately reaching out to brothers to see if they can be provided some financial support.



"The company I ran was non-profit, but that wasn't intentional."

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What's the best approach?

Option 1: Talk it over with your wife and see how much you can help.

Option 2: Wait for the Jama'at President to come to you, and then and only then, see how much you can help.

Option 3: Help out with prayers. It's best you do not get involved.

Option 4: Another option?

Guidance from Huzoor (aba)

The more affluent people should always be mindful of the needs of their brothers, and feelings of anger and dispute should never prevent them from extending their hand in help to the poor. An Ahmadi should not indulge in fulfilling his or her own desires alone, but should respect the desires and needs of his brothers, sisters, poor, and others. Huzoor related the incident from the life of Hazrat Muhammad (saw). He was going through a very difficult time of trial when Hazrat Aisha (ra) was accused of a certain wrongdoing. At that time, there were certain people, who were otherwise righteous but for some reason accused Hazrat Aisha (ra) wrongfully, whom Hazrat Abu Bakr (ra) was helping financially. After Hazrat Aisha's pardon from Allah Almighty, Hazrat Abu Bakr (ra) swore that he would never help these people again. On that occasion, Allah revealed the following verse:

And let not those who possess wealth and plenty among you swear not to give aught to the kindred and to the needy and to those who have left their homes in the cause of Allah. Let them forgive and forbear. Do you not desire that Allah should forgive you? And Allah is Most Forgiving, Merciful (24:23)

Hazrat Khalifatul Masih V (aba), Friday sermon of June 8, 2007

Translation of the Video

Allah Ta'ala says about those who spend in the way of Allah that it is not a mere demand when they are asked to spend in His way. Instead, their spending in His way is a source of their own reformation. Allah Ta'ala does not keep anyone's debt. He looks at your financial sacrifices with love and gives it such a value as if you have given Him a goodly loan. And when it is time to return that loan, He returns it many folds. And not only this, He also says that, as a reward for your financial sacrifices, He will forgive your sins. And not only will He forgive your sins but will enable you to do more good deeds. So, you cannot perceive the appreciation which Allah Ta'ala gives you [for your spending in His cause]. Some details of this appreciation have been already explained. How fortunate are those who benefit from Allah's Grace in such a way. As I have mentioned before that in this day and age, its only the Ahmadi Muslims who understand the significance of spending in the way of Allah and therefore are the recipients of Allah's Grace. And these are not mere oral claims. There are hundreds of examples, rather thousands of them which come to my knowledge, periodically. Those people who make financial sacrifices, share with me that they are making these sacrifices with so much zeal. If they don't understand the significance of financial sacrifices or spending in the way of Allah, then how can they spend in His way with such a zeal.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

During the past year

- Did you pay your Ansar and Jama’at Chanda according to the prescribed rate?
- Did you pay Zakat if it was due?
- Did you get a chance to provide monetary help to someone in Jama’at without letting anybody know?

Add all the ‘yes’ answers together.

(Keep it to yourself... the “score” is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

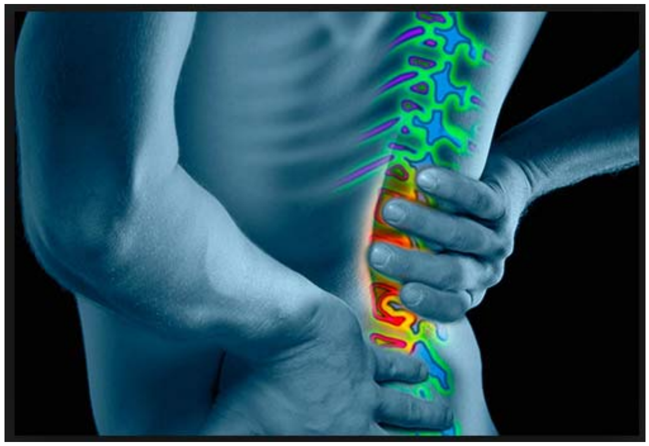
Bring about pious changes in yourself

How to Improve?

0 ← Combined Score → 2-3

Pray from Allah to provide you resources and open up your heart to spend in His way	Strive to do more and pray that Allah Ta’ala give you wisdom and courage to spend more in His way	Keep spending in the way of Allah and keep praying that Allah Ta’ala gives you more to spend in His way

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Health Topic: Back Pain

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Back Pain

- **Back pain** is one of the most common problems in the world. It is the leading cause of missing work and disability worldwide. Most people have back pain at least once
- **Causes of Back Pain**
  - **Muscle or ligament strain.** Repeated heavy lifting or a sudden awkward movement may strain back muscles and spinal ligaments
  - **Bulging or ruptured disks**
  - **Arthritis**
  - **Skeletal irregularities**
  - **Osteoporosis - weakening of bones with age**
- **Signs and symptoms** of back pain may include
  - Muscle ache
  - Shooting or stabbing pain
  - Pain that radiates down your leg
  - Limited flexibility or range of motion of the back

When to see a Doctor?

- **Most back pain gradually improves with home treatment and self-care, usually within two weeks. If not, see your doctor**
- **Seek immediate care if your back pain:**

  Causes new bowel or bladder problems
  Is accompanied by fever
  Follows a fall, blow to your back or other injury
  Is severe and doesn't improve with rest
  Spreads down one or both legs, especially if the pain extends below the knee
  Causes weakness, numbness or tingling in one or both legs
  Is accompanied by unexplained weight loss
  If you start having back pain for the first time after age 50, a history of cancer,
  osteoporosis, steroid use, or drug or alcohol abuse

How to Manage Back Pain?

- **Your doctor might order some tests to evaluate your back pain**
  X-ray - MRI or CT scans
  Blood tests
  Bone scan
  Nerve studies (electromyography, or EMG)
- **Treatment of Back Pain may include**
  Pain Medications **Muscle Relaxants**
  Physical Therapy **Injection**
  Surgery
- **Alternative** treatments may ease symptoms of back pain. Always discuss the benefits and risks with your doctor before starting any new alternative therapy
  - **Chiropractic care**
  - **Acupuncture**
  - **Massage**
  - **Yoga**

Majlis Ansarullah Monthly Meeting

December 2017

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AGENDA

- Recitation of the Holy Qur'an (3:53)
- Pledge
- Reminders: Recitation of the Holy Qur'an and Congregational Prayers
- Monthly topic: How to keep objectives of Majlis Ansarullah alive in our hearts and minds?
- Health topic: Falls and Fractures
- National Reminders/announcements
- Local Reminders/announcements
- Dua

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Why read the Holy Qur'an regularly?

The Holy Qur'an is a miracle

The Holy Qur'an which is the word of God is a perfect miracle. We do not find that in respect of other Books. Challenges have been given to bring their likeness, as the challenges have been given in respect of Holy Qur'an. We believe that word of God is in every way a miracle---and we base this belief of ours on our own experience that Holy Qur'an is definitely a miracle. But it must be said that the kind of perfect and comprehensive miracle that the Holy Qur'an is, there is nothing like it, for the miracle of Holy Qur'an has many aspects and nobody is capable of producing the like of these aspects. Those who say that the word (the revelation) cannot be called a miracle are indeed impertinent. Do they not know that the whole of the creation of God is matchless, how then can it be justified to say that likeness of His word can be produced. If all the thinkers and producers (of things) cannot create a straw, however they may like to do so, then how can they produce something equal to the word of God.

(Malfuzat Vol.1, page 117)

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Watching Our Congregational Salat!

Congregational Salat at homes

The custom is that if the mosque or Salat center is at a distance then congregational Salat should be offered at homes. This fills homes with blessings. Men are particularly enjoined to observe Salat and 'observance of Salat' means, except in extraordinary circumstances, to offer it in congregation. Congregational Salat is offered during Jalsa. In order to attain the objective of attending Jalsa this should be made a regular feature of life.

(Hazrat Khalifatul Masih V (ABA), Friday Sermon of May 18, 2012)

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How to keep objectives of Majlis Ansarullah alive in our hearts and minds?

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Click to listen the recitation

[3:53] And when Jesus perceived their disbelief, he said, ‘Who will be my helpers in the cause of Allah?’ The disciples answered, ‘We are the helpers of Allah. We have believed in Allah. And bear thou witness that we are obedient.

فَلَمَّآ اَحَسَّ عِيْسٰى مِنْهُمُ الْكُفْرَ قَالَ مَنْ
اَنْصَارِيْٓ اِلَى اللّٰهِ ؕ قَالَ الْحَوَارِيُّوْنَ
نَحْنُ اَنْصَارُ اللّٰهِ ۚ اٰمَنَّا بِاللّٰهِ ۚ وَاشْهَدْ بِاَنَّا
مُسْلِمُوْنَ ﴿۵۳﴾

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What was the purpose behind creating Majlis Ansarullah?

Share your thoughts

Guidance from Khalifatul Massih II

Hazrat Khalifatul Massih II (ra) outlined the goals of Auxiliaries in these words, "We have to reform the whole world. We have to bring the entire world to bow before God, Almighty. Bring the entire world under the fold of Ahmadiyyat. Establish the kingdom of God all over the world. But this giant task cannot be performed until all members of our community – children, youth, or elderly – organize themselves internally and follow this code of conduct day and night. For this internal improvement and completion of organization, I have established the auxiliary organizations of Khuddamul Ahmadiyya, Ansarullah, and Atfalul Ahmadiyya".

Al-Fazal, October II, 1944

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Discussion I

In your Jama'at, you feel that Majlis Khuddamul Ahmadiyya is very inactive. You are not aware of any meetings in the past three months. Your son who serves as a member of Amila of the local MKA is not busy in MKA work. When you get to mosque for Jumu'ah Prayer, there is no security presence. You rarely see any Khadim in the mosque, unless they are accompanying their fathers.



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Option 1: Tell the local Jama'at Sadr that he needs to talk to the local Qa'id about the state of affairs. Advise him to notify Sadr MKA USA if things don't improve.

Option 2: Work with your Za'im to organize more Ansar activities and invite the Khuddam. Make it attractive for Khuddam.

Option 3: Pray on it and just keep active in Ansarullah. Things will eventually improve for MKA locally.

Option 4: any other response

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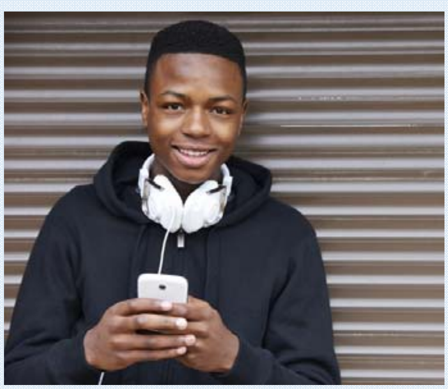
Guidance from Khalifatul Masih II

I envision that there is great responsibility on Ansarullah. They are passing through the latter part of their lives. It is the period when man is worried to leave this world for the next. When a person is going to the next world, he is particularly concerned about clearing his account. He is afraid lest he may not leave this world while his account is in a jumble, his actions unseemly, and does not have provisions which may be useful in the next world. As the purpose of Ahmadiyyat is to strengthen the relationship between man and God then during such period of life, and during this part of life, the extent of feeling a believer has in this respect, cannot be hidden from any person. Young persons can imagine that that if they are lax in the service of humanity, Ansarullah will take care of it but on whom Ansarullah can rely? If they will show negligence in discharging their duties, and will not succeed in creating the love of faith in themselves, and then in the hearts of the whole world, and will not make the propagation of Ahmadiyyat as their foremost objective, and if they will neglect the reality that they are to revive Islam in the world again, then after the period of Ansarullah during what age period they will carry out this work?

Hazrat Khalifatul Masih II (ra), Friday Sermon of June 5, 1942

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Discussion II



You feel your Waqfe Nau son spends too much time on his smartphone and with his video games. He is falling behind on his Waqfe Nau syllabus and doesn’t seem excited to be a Waqfe Nau. It’s hard to get him to attend Waqfe Nau programs.

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What's the best approach?

Option 1: Get rid of his smartphone and video games.

Option 2: Threaten that you will write to Huzoor to report about his lack of regards towards the Waqfe Nau scheme.

Option 3: Keep reminding him as a loving father would do, and pray for him. Keep patience.

Option 4: Take him to a trip to London to meet Huzoor (aba)

Option 5: any other response.

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Guidance from Khalifatul Masih II

Remember that your Name is Ansarullah, that is, the helpers of God Almighty, meaning that you have been associated with the name of God Almighty, and God Almighty is eternal and immortal, as such you should also try to be a manifestation of immortality. You should continue to be the mark of Ansarullah, that is, always uphold the Khilafat and try that this work continues in future generations also.

Friday Sermon delivered on 22 October 1943
published in Al-Fadl, 17 November 1943

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Discussion III

The Jama'at has published a new leaflet that needs to be distributed to as many people as possible. Your family lives in a predominantly white, rural area, where the people generally have an incorrect perception of Islam. It's very common for people in this area to carry guns. Your family expresses hesitation in going out and doing tabligh in this area due to the prevailing Islamophobia sentiments.



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What's the best approach?

Option 1: This is not the moment to risk your and your family's lives. Focus on tabligh with only your closest friends and through your own example.

Option 2: Leave stacks of the leaflets in shops where people can take one depending on their own preference.

Option 3: This is Jihad and primary responsibility of Ansar. Politely go door-to-door and distribute the leaflets.

Option 4: Another option?

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Guidance from Khalifatul Masih II

The companions had these five responsibilities, and the same five are our responsibilities. 1. To propagate, 2. To teach the Holy Qur'an, 3. To show the wisdom of Shari'ah, 4. To give good training, 5. To eliminate the weaknesses of a nation and put it on the path of progress. If we do not carry out these five responsibilities while we call ourselves companions, we are liars and pretenders. Anyone who evades propagation, does not just evade propagation, but rather evades Ahmadiyyat altogether. Everyone who evades training others, he does not just evade training others, but rather evades Ahmadiyyat altogether. Anyone who evades explaining the wisdom of Shari'ah, he does not just evade the explaining of the wisdom of Shari'ah, but rather evades Ahmadiyyat altogether. Everyone who evades purification of souls or taking part in the suggestions to improve the financial or economic condition of the community, does not just evade purification of souls, or participation in the plans of the community's financial and economic well-being but rather evades Ahmadiyyat altogether. Ahmadiyyat does not have any need for such person, neither is there any reason for such a person to stay in Ahmadiyyat It is the responsibility of Majlis Ansarullah that they conspicuously support the faith of Islam through their actions.

Friday sermon of July 26, 1940, published in Al-Fadl, August 1, 1940

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Translation of the Video

In this regard, like other auxiliaries, he assigned the responsibility to Ansarullah that their job was also to do Tabligh, teach the Holy Qur'an, state the wisdom of Shariah, impart good training, remove the worldly weaknesses of the community, and move them forward. So these are the objectives for which Majlis Ansarullah was established. At the completion of 75 years, we have to see how far we have fulfilled these responsibilities. How far have we achieved these goals? Have we tried to give the true message of Islam to the world while doing justice to our Tabligh duty? Have we fulfilled the duty of getting ourselves educated and transferred the same to the next generations? Have we fulfilled the duty of imparting the wisdom behind the injunctions of Almighty Allah or have we engaged ourselves in educating our children only in the worldly education? Have we played our part in improving the economic and financial conditions of the Jama'at or have we only engaged ourselves in begging for help especially after coming to these countries? So, after completing 75 years, Majlis Ansarullah here and in the whole world should assess how much part each one of us has taken in fulfilling its purpose. At this time, American members are also listening to this message directly—and members at other places may also be listening—as Ijtima is being held there as well. Just being a member of Ansarullah is not the purpose but to sacrifice your being, your wealth, and your time to achieve its purposes is the real goal.

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اپنے جائزے لیں

Self-analyze yourself

Where do we stand?

- During the last month
- How many times did you attend Ansar meeting?
- How many days did you participate in any other program or campaign initiated by Majlis Ansarullah?
- How many times did you bring your family to participate any Jama'at meeting or program?

Add the three numbers together.

(Keep it to yourself… the "score" is for you!)

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اپنے اندر پاک تبدیلیاں پیدا کریں

Bring about pious changes in yourself

How to Improve?

0-1 ⟷ Combined Score ⟷ >4

0-1		>4
Keep struggling and strive hard to enhance your relationship with Jama'at by more participation in Jama'at programs	Keep doing what you do and strive to enhance your participation in Jama'at activities, and inspire your family to do the same	Continue to strengthen your and your families' relationship with Jama'at and Khilafat by participating in Jama'at programs

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Health Topic: Falls & Fractures

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Why do People fall?

Several factors can lead to a fall and more seriously fractures

Increasing Age
Reduced muscle mass and impaired strength and mobility
Decreased bone density (Osteoporosis)
Gait Disturbance due to a medical condition (stroke, arthritis)
Visual & Hearing Impairment
Cognitive decline such as that seen in dementia
Commonly used medicines such as those for blood pressure, heart, sedatives etc.
Lack of use of assistive devices
Environmental Hazards - Poor lighting, slippery surface, lose rugs and lack of fall-proofing of home
Lack of community and family support

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What can happen with a fall?

- Falls in the elderly are common and can lead to **serious and life threatening injuries such as head injury, fractures, bleeding leading to serious disability and death**
- Falls are the leading cause of a move to skilled-care facilities - **Nursing Home** etc
- Falls often result in **Chronic or Worsening Pain**
- Falls involving a hip fracture lead to **10-15% reduction in life expectancy**
- Older adults who fall are likely to **worry about the future and loss of independence**
- Loss of self-esteem and mobility leads to **inability to perform activities of daily living**
- Patients who fall once are likely to fall again with **escalating disability and death**
- Elderly who fall are less likely like **to involve in exercising or socializing**
- **Huge Financial cost, $100 billion yearly**

How to Prevent Falls and Fractures?

Take Care of yourself
Regular exercise, Good Nutrition - Balanced Diet, Vitamins, Calcium etc. Avoid over the counter medicines and always ask your doctor about medicine and side effects. Take care of your eyes and hearing. Fall Proof your home. Consider LifeAlert or other community resources

Outdoor safety tips
Use a walker or cane for added stability especially in bad weather. Wear warm boots with rubber soles for added traction. Be aware of your surroundings. Use 24-hour pharmacies & grocery stores that deliver (in bad weather especially). Keep your hands clutter free

Indoor Safety Tips
Keep all rooms free from clutter, especially the floors. Check that all carpets and area rugs have skid-proof backing or are tacked to the floor. Keep electrical and telephone cords and wires out of walkways Be sure that all stairwells are adequately lit and that stairs have handrails on both sides. Use bright light bulbs in your home. Assistive devices for bathroom. Portable or cellular Phone at hand all the time.

Hazrat Khalifatul Masih V (aba) said that Hazrat Musleh Mau'ud (ra) assigned the responsibility to Ansarullah that their job was to do Tabligh, teach the Holy Qur'an, state the wisdom of Shari'ah, impart good training, remove the worldly weaknesses of the community, and move them forward. So these are the objectives for which Majlis Ansarullah was established. At the completion of 75 years, we have to see how far we have fulfilled these responsibilities. How far have we achieved these goals? Have we tried to give the true message of Islam to the world while doing justice to our Tabligh duty? Have we fulfilled the duty of getting ourselves educated and transferred the same to the next generations? Have we fulfilled the duty of imparting the wisdom behind the injunctions of Almighty Allah or have we engaged ourselves in educating our children only in the worldly education? Have we played our part in improving the economic and financial conditions of the Jama'at or have we only engaged ourselves in begging for help especially after coming to these countries? So, after completing 75 years, Majlis Ansarullah here and in the whole world should assess how much part each one of us has taken in fulfilling its purpose.

[Concluding Address of Hazrat Khalifatul Masih V (aba) at Majlis Ansarullah Ijtima on September 20, 2015]

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